

THE REAL FOOD ISSUE

March 2015

Prevention®

100 BEST CLEAN FOODS

125 Delicious

Quick & Easy
Dinners



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Gut, Cure
Your Blues

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Clean!**

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PANTRY
& NEVER DIET
AGAIN**

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GORGEOUS
AT 40+

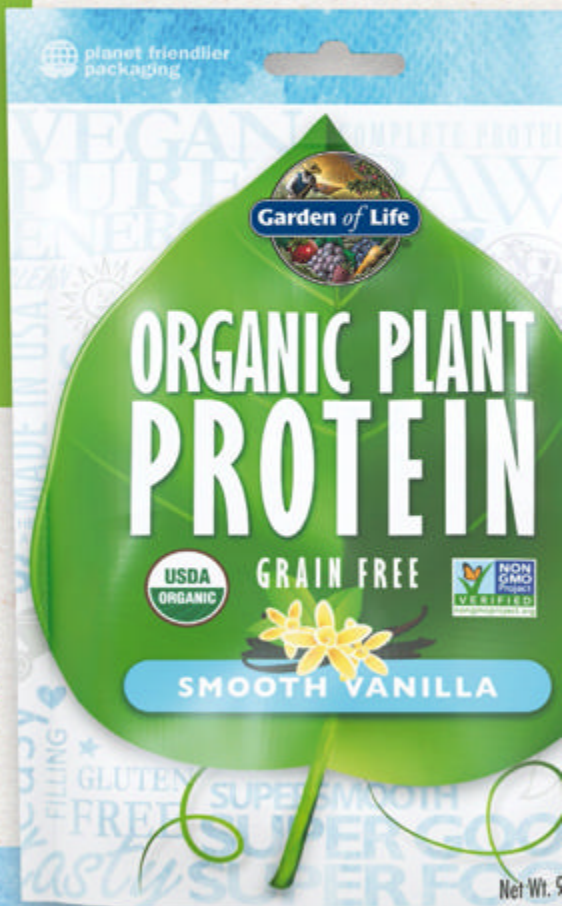
SMOOTH YOUR WAY TO EXTRAORDINARY HEALTH



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BEST-TASTING PROTEIN EVER

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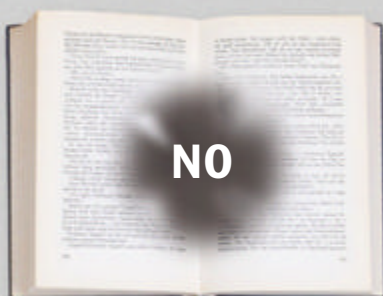
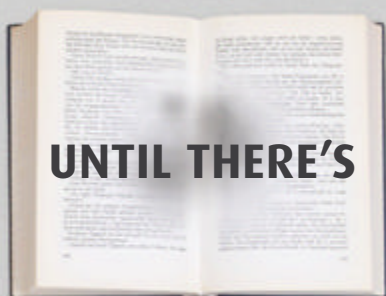
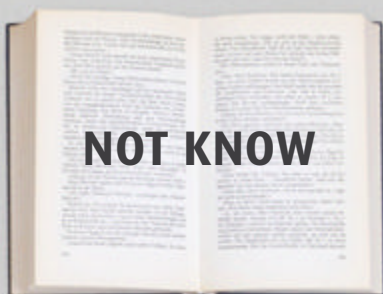
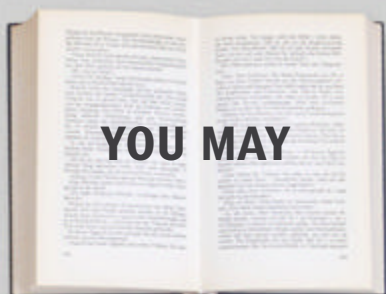
Get the scoop on clean plant protein. Garden of Life offers other Certified USDA Organic, Non-GMO Project Verified protein products, as well. Visit www.GardenofLife.com to decide which protein is right for you.



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†Age-Related Eye Disease Study 2 Research Group. Lutein + zeaxanthin and omega-3 fatty acids for age-related macular degeneration: the Age-Related Eye Disease Study 2 (AREDS2) randomized clinical trial. JAMA. 2013 May 15;309(19):2005-15. National Eye Institute website: <http://www.nei.nih.gov/areds2/> Accessed October 2013 ©Bausch & Lomb Incorporated ®/TM are trademarks of Bausch & Lomb Incorporated or its affiliates. AREDS2 is a registered trademark of the United States Department of Health and Human Services (HHS). US/PV2/14/0030b.

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IS GOING

GOING

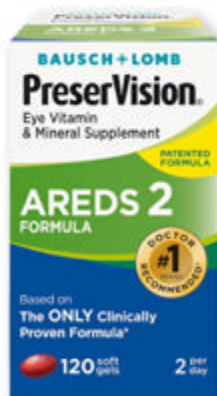
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Real Food Right Now

Eating clean isn't always simple (exhibit A: your label-reading fatigue at the grocery store), but you're up to the challenge. What will you do with all this appetizing intel? We can't wait to find out.

Prevention's Cleanest Packaged Food Awards

76

They're low in sugar, high in nutrients, good for the planet, and—above all—tasty. Welcome to our annual roundup of the best new good-for-you products on the market. BY *Stephanie Eckelkamp*

"Now I Feel Like I Have Superpowers"

88

Six people and their triumphant stories of clean-eating health turnarounds. Cue the goose bumps, then hack your own pantry to change your life. BY *Caroline Praderio*

Your New Antidepressant Goes Remarkably Well with Blueberries

100

Probiotics are the new happy pills—at least according to some intrepid psychiatrists. It might be time to change the bacteria in your gut to optimize the chemicals in your brain. BY *Joseph Hooper*

125 Clean & Simple Meals

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You'll eat well for weeks with these superlative, wholesome, mix-and-match meals. BY *Khalil Hymore*

Eat for radiant health, p. 88

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Proof that clean food starts from the ground up

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On our cover: Photograph by Jason Varney; food styling by Khalil Hymore; prop styling by M. Allan Schanbacher

JAMES ELLIOT BAILEY



Many people believe dandelions are nothing more than pesky weeds.

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[4]

FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW

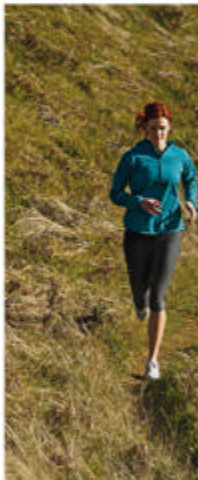


BRUCE KELLEY
EDITOR-IN-CHIEF

The New Sound Track of Weight Loss: *Whoosh...Whoosh...Whoosh*

Until a few weeks ago, you, me, and everyone else thought fat melted off the body via sweat, but now two researchers have corrected the mistake: Turns out 84% of fat exits your mouth and nose through simple exhales.

TRY THIS NOW: I'm counting exhales during my AM hike-runs. It's cool math: A thousand exhales take about a half hour. Given that 30 minutes burns about 350 calories for me, 3 exhales is the sound of me burning 1 calorie. I love knowing those breaths may carry converted fat in the form of carbon dioxide. Very trippy and inspiring.



THE **GREATEST DESSERT EVER** IS IN SEASON...

And you're likely making a mistake picking it out, if you're like me or our food writer, Caroline Praderio. "I recently learned that pineapple's ripeness has nothing to do with color," she says. "Green, gold—doesn't matter." **TRY THIS NOW:** Smell the base. You want one with a light pineapple fragrance. Then go for it. I have a sweet tooth that's the joke of my family—I can't finish a meal without at least an M&M—but nothing's better as a capper than a pineapple slice. It's got half the glycemic load of a cookie, plus the incredible anti-inflammatory enzyme bromelain.



FROM TOP: MITCH MANDEL, ZACHARY LEIGHTON, JULICHKA/GETTY IMAGES

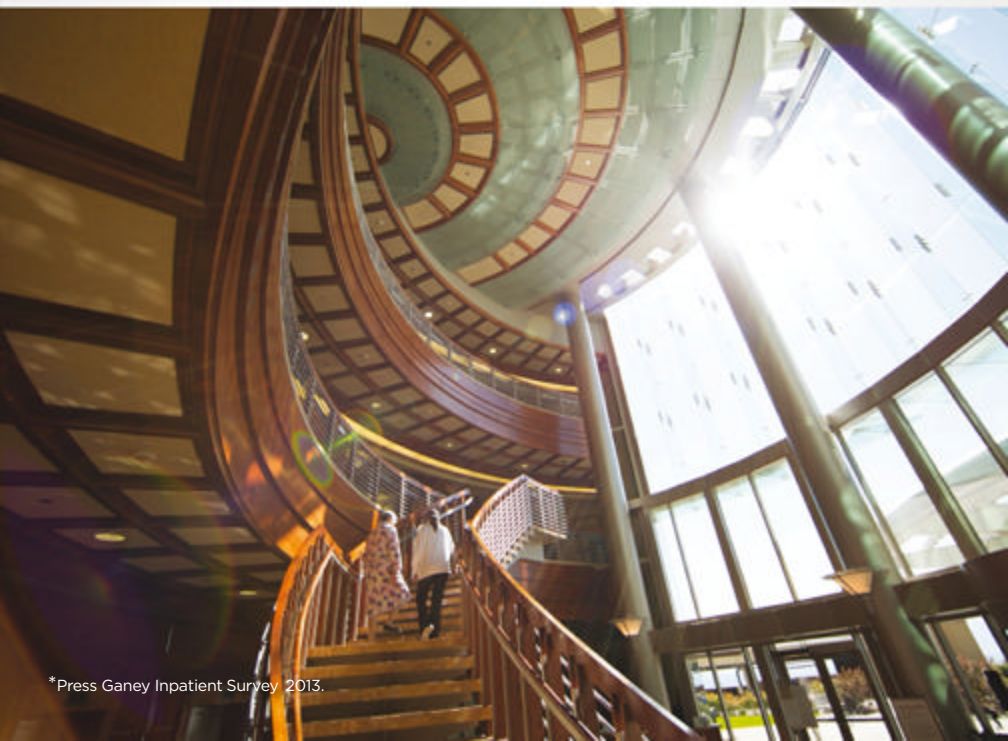
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**CHANGING THE DNA
OF CANCER CARE**

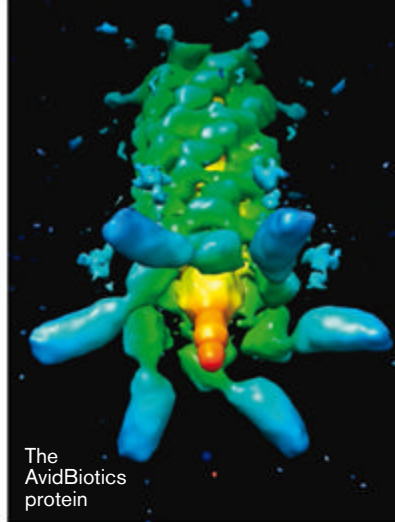


*Press Ganey Inpatient Survey 2013.

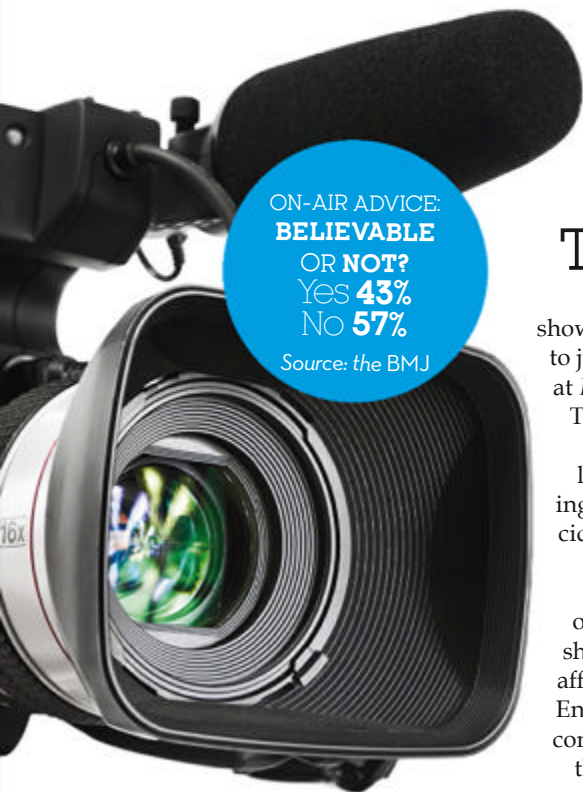
Inside Information

Targeting “Bad” Bugs in Your Gut Is **Not** a Pipe Dream

I heard a thrilling interview with scientist David Martin on NPR's *BioTech Nation*. Martin's company, AvidBio-ics, has developed a breakthrough protein that can eliminate specific bacteria in the guts of mice. What a contrast to the grenade of antibiotics, which basically destroy everything. The interviewer imagined some-day going to “Dave's bacteria store” to buy a precise probiotic that kills only *C. difficile* or *E. coli*. **TRY THIS NOW:** Turn to p. 100 for Joseph Hooper's report on the leading edge of probiotics. It's thrilling as well.



The AvidBioics protein



ON-AIR ADVICE:
BELIEVABLE

OR NOT?

Yes **43%**

No **57%**

Source: the BMJ

WHY YOU SHOULD BE **GLAD** THIS ISN'T TV

A thorough look at health talk shows by the *BMJ* opened our eyes to just how different our jobs here at *Prevention* would be if we were TV producers. We'd have to put entertaining you — which we love to do — even above gathering legitimate evidence when deciding what to cover. Instead, we fact-check everything and also let you know when we're out on a limb. If we were in the talk show world, we couldn't always afford to do that. **TRY THIS NOW:** Enjoy the wonderful show — then consult *Prevention* or journals like the *BMJ* for the true take-home.

FROM TOP: COURTESY OF AVIDBIOTICS; TOMML/GETTY IMAGES



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Health

Soothe Your Brain • Sidestep Pain • Bust BP

The Power of a Picture

Searching for a new way to derail stress? You're looking at it. Images of people being supported or loved, such as the one at right, can dial down your brain's threat response, finds a new study from the University of Exeter in England. Once participants were shown photos like this, alarming words and images of unfriendly facial expressions no longer made the amygdala (the brain's threat monitor) light up. The researchers say that displays of social support tap into this brain response even when they take place between strangers in a picture. You might consider keeping this page handy (or just doing an Internet image search for "hugs") and taking a long, soothing look next time you sense impending panic.

IMAGE SOURCE/PLAINPICTURE

**Tear out
this page
and have
a glance**
when stress starts
to simmer.

60- Second Health Hack: Prevent Back Pain

This simple breathing remedy from Andrew Weil, MD, can minimize pain now and, if practiced regularly, may lower sensitivity to aches and pains in the long run.

- 1. SIT OR LIE IN A COMFORTABLE POSITION** and place the tip of your tongue just behind your upper teeth. Exhale through your mouth, making a gentle *whoosh* sound.
- 2. CLOSE YOUR MOUTH AND INHALE QUIETLY THROUGH YOUR NOSE FOR A COUNT OF 4.** Then hold your breath for a count of 7.
- 3. FINALLY, EXHALE THROUGH YOUR MOUTH** (making the *whoosh* sound) for 8 counts.
- 4. INHALE AND REPEAT** the cycle 3 more times.

How to
Grow Like
Leslie Knope

Greening up your cube could help you love your job as much as Pawnee's finest and get better at it. British researchers looked into the power of plants in actual workplaces (rather than lab settings, as had been done previously) and found that employees in plant-filled offices were 15% more productive and up to 40% more satisfied, compared with those in environs sans greenery. "Enriching our space with interesting elements—ideally, ones we have to take care of or interact with—makes us more engaged," says study author Craig Knight of the University of Exeter.

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† Compared to leading brands

† Dietary supplements containing at least 500mg per serving of esterified phytosterols, for a daily total intake of at least 2g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering total and LDL cholesterol. Each TruHeart sachet provides 500mg of phytosterols.

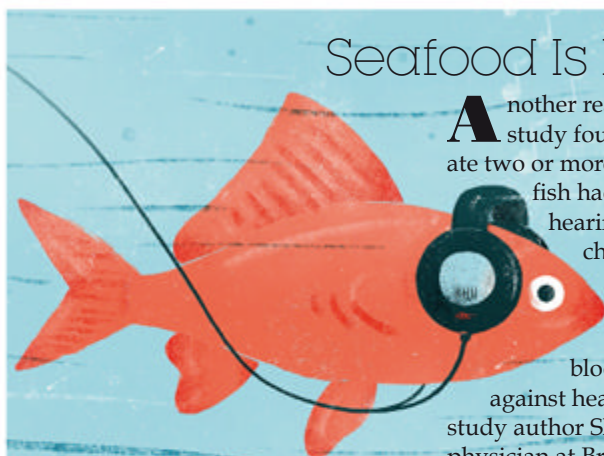
‡ Blood Pressure already within normal range

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Seafood Is Ear Food

Another reason to go fish: A new study found that women who ate two or more weekly servings of fish had a 20% lower risk of hearing loss. Thank long-chain omega-3 polyunsaturated fatty acids: "They may help maintain cochlear blood flow and protect against hearing damage," says study author Sharon Curhan, a physician at Brigham and Women's Hospital at Harvard Medical School.



Drop It Like It's Hot

2 That's how many times per year you should see your doctor if you're concerned about your blood pressure. Out of 37,000 adults in a new study, **those who saw their docs twice a year were 3.2 times more likely to know they had hypertension** and more likely to control it with treatment, says study author Brent Egan, research director of the Care Coordination Institute. Here, three other simple ways to ease your BP.



RECRUIT BACTERIA

Eating a daily dose of probiotic-rich foods for at least 8 weeks could lower systolic blood pressure by up to 3.5 points.



DO TEATIME

In one study, sipping three daily 8-ounce cups of hibiscus tea lowered systolic BP an average of 7 points in 6 weeks.



BASK (A LITTLE BIT)

UV rays can temporarily lower BP, possibly by helping to dilate blood vessels. Aim for 30 minutes a day.

ILLUSTRATION BY SEBASTIEN THIBAUT. PHOTOGRAPHS, FROM LEFT: JAMES DUNCAN/ISTOCKPHOTO, RUEGGEBERG/PLAINPICTURE, CREATIVEVE99/GETTY IMAGES



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Your Body on **Booze**

Alcohol can lead to the best and the worst of times, and its effect on your health is no different. Here, the major pros and cons to ponder (briefly!) the next time evening brings an affordable French Chard to mind.

Bottled Boons

Moderate drinking (one daily for women, two for men) could **reduce your type 2 diabetes risk by 30%**.

One to two drinks per day can **lower the risk of cardiac-related death in people with a history of heart disease**.

Drinking can spur “Eureka!” moments. In one study, moderately buzzed people **solved problems that called for creative thinking faster than sober folks did**.

Sipping Snags




Drinking more than one glass of wine daily has been linked with a **quadrupled risk of gum disease in women**.

Binge drinking can **damage your intestinal lining and make you more susceptible to leaky gut syndrome**.

Just one daily drink **raises estrogen levels enough to increase breast cancer risk among postmenopausal women**.



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**DON'T
DENY**



**YOUR
DRY
EYES**

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

-
- ▶ Dryness/itching
 - ▶ Sensitivity to light
 - ▶ Problems wearing contact lenses
 - ▶ Burning/stinging
 - ▶ Blurry vision
 - ▶ Watery eyes
 - ▶ Feeling like something is in your eye
-

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.



TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
 - **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.
-



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Nutrition

Winner Dinners • Juice Intel • Midnight Snacks

Cook More, Weigh Less

Your skillet makes a remarkable slim-down weapon. A recent study found that people who made dinner 6 or 7 nights a week ate an average of 137 fewer calories, 3 g less fat, and 16 g less sugar daily than those who cooked once weekly or not at all — no surprise, given that most restaurant fare is supersized and carb-packed. More unexpectedly, home cooks also ate fewer calories when they *did* dine out, which suggests that healthy tastes culled at the stove can carry over no matter where you eat.

Source: Public Health Nutrition

No time to cook?

No problem. Visit prevention.com/quick-clean-recipes for dishes that take 10 minutes or less to go from kitchen to table.

Should You Be Drinking Juice?

No matter how raw or cold-pressed your juice, it's probably not doing your heart any favors. Recent research from Australia's Swinburne University of Technology found that the systolic blood pressure of daily juice drinkers was 3 to 4 points higher than that of occasional juicers. Researchers speculate that juice's sugar causes frequent drinkers to have blood glucose spikes, which can raise blood pressure. If you can't imagine life without liquid produce, make sure it's the fresh, juiced-right-in-front-of-you type (which is higher in nutrients), and limit yourself to 8 ounces a day, says nutritionist Stefanie Sacks. A better option: smoothies, which leave fruit's spike-slowing fiber intact.



Our new fave nighttime snack: popcorn drizzled with dark chocolate and sprinkled with nuts.

Bye-Bye, Bingeing

So much for tomorrow being a fresh start: Recent research shows that what you eat at night can affect blood sugar levels for up to 14 hours. That means that the morning after a sugar bender, your body's glucose levels might still be crashing, making it more likely that you'll wake up craving yet more sugar. The best way to free yourself from this not-so-sweet cycle: Pick a PM snack that includes protein, fiber, and a little fat, all of which break down slowly to keep blood sugar levels steady—setting you up for a day to come of virtuous eating.

Sources: Appetite, PLOS One, Diabetes Care

FROM LEFT: FOODCOLLECTION/STOCKFOD; PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY NIDIA CUEVA



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Over 40 Campbell's® Healthy Request® soups are certified heart healthy by the AHA.



M'm! M'm! Good!®

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of heart disease.

This Is Why You're a **Coffee Fiend**

For the “blame your parents” file: Your coffee fixation is likely genetic, says a new study in *Molecular Psychiatry*. Researchers found six genetic variants responsible for coffee cravings, some of those variants linked to how quickly we process caffeine (which may be why some addicts can have a 7 PM cup and still sleep soundly). Happily, it also appears that genetic joe junkies naturally self-regulate, consuming only as much caffeine as they can handle. For once, a legacy you don't have to resist.

31%


That's how much you can **cut your risk of ovarian cancer if you drink two daily 8 oz cups of caffeinated black tea**, according to a new study. Credit two types of antioxidants called flavonols and flavanones (also found in citrus, onions, and apples), which are anti-inflammatory and may also slow the growth of cancer cells.

Source: American Journal of Clinical Nutrition



capsaicin | **kap-'sā-ə-sən**

The pungent component in hot peppers, previously shown to rev metabolism. Now, according to a study in the *International Journal of Obesity*, the hot stuff is credited with helping you eat less, too. People who had a pinch of red pepper in tomato juice ate 16% fewer calories daily and felt about 12% fuller, despite having consumed less.



Behold,
an enchanted
protein & grains
alchemy.

This magical marriage of sun-baked *grains*
in milk's powerful liquid embrace
conjures 9-10 grams of *protein*,
at your body's service.

Tomorrow is yours to claim.
Set your table tonight with Kellogg's.

*Cereal plus milk breakfast includes one serving of these
Kellogg's cereals plus 1/2 cup of skim milk.*

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Kellogg's

See you at breakfast™



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**Osteo
Bi-Flex**
JOINT HEALTH™

Our joints are what keep us moving and enjoying an active lifestyle. Supporting and maintaining joint health, throughout our lives, is key to staying active and mobile while we age.* Osteo Bi-Flex® helps nurture and defend your joints, so you can keep doing what you love!* It's specially formulated with Joint Shield™, an herbal ingredient that helps with occasional joint flare-ups.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

5-LOXIN® ADVANCED is a trademark of PL Thomas - Laila Nutra, LLC. U.S. Patent #8,551,496 and patents pending.

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△ Refers to level of key ingredients in each individual tablet.

Individual Results May Vary.

ARE YOUR JOINTS READY FOR ACTION?



Take Osteo Bi-Flex®. It's specially formulated with *Joint Shield™*, an herbal ingredient that helps with occasional joint flare-ups*.

Find it in the vitamin aisle. Learn more @ OsteoBiFlex.com



Individual results may vary.

△ Refers to level of key ingredients in each individual tablet.

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This product is not intended to diagnose, treat, cure or prevent any disease.

†Based on Pharmacy Times Survey among pharmacists who recommend a "bone/joint strengthener" dietary supplement, 2014-2015

*Nielsen Scantrack XAO Dollar Sales 52 w/ October 25, 2014.

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**#1 Pharmacist
Recommended Brand[†]**

#ReadyForAction

Fitness

Middle Management • Savvy Snacking

Hoop Dreams

If you bought into the hula-hooping-for-fitness craze a few years back, it might be time to dust off your toy (or, hey, invest \$30 in a shiny new one). New research shows that a weighted ring does do wonders for your waist. In a 6-week study, women who hooped with a 3.75-pounder for 15 minutes a day 5 times a week lost an average of 1.3 inches from their waists and more than half an inch from their hips. "Each time you swing it around, it's toning your entire core," says fitness expert Chris Freytag. "It also gets your heart rate up, which makes it a fun way to burn through belly fat."



ANDRÉ SCHUSTER/PLAINPICTURE

What's got Prevention's attention?

PRODUCTS — EVENTS — OPPORTUNITIES



A potent blend of superfoods, plant enzymes and probiotics to nourish, protect and support major systems of a woman's body. Like us, save 10%. facebook.com/RainbowLightNS

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Prilosec OTC gives you Zero Heartburn, so why would you take anything else? One Pill Each Morning. 24 Hours. Zero Heartburn.*

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*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. May take 1 to 4 days for full effect. Not for immediate relief.

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toyota.com/camry



Let's
Go
Places

Visit prevention.com/attention.



#1 Fuel to Rev Metabolism & Fight Fat

Don't feel guilty about tossing extra yogurt into your pre- or postworkout smoothie. In a study of people on a high-calorie diet, those who got **25% of calories from protein** burned 227 more a day (and stored less body fat) than those who got fewer calories from protein. You burn off up to 35% of calories from protein through digestion alone; for fats and carbs, that number is only 5 to 15%. One Greek yogurt can have over 15 g of protein; that's muscle in the making.

Feign Sway!

New research vouches for the ol' "fake it till you make it" approach, showing that walking in an upbeat style—shoulders back, gaze forward, and arms swinging by your sides—is a simple, quick way to lift your spirits. Adjust your presentation, lift your gloom.

Source: Journal of Behavior Therapy and Experimental Psychiatry



FROM LEFT: FOODCOLLECTION/STOCKFOOD, MIA TAKAHARA/PLAINPICTURE

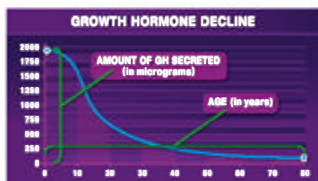
Trends | Anti-Aging

Growth Hormone:

Why We Can't Stop Talking About This "Anti-Aging" Breakthrough!



“There's no denying that something that has a chance of reducing body fat, increasing lean muscle mass, boosting mood, giving you plenty of energy while it gets rid of wrinkles and tightens saggy skin... making you look and feel decades, not years but **DECADES** younger... is, at the very least, irresistible!”



It seems the press can't stop

talking about human growth hormone (hGH). A recent *Shape* magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. And a revolutionary oral growth hormone booster called SeroVital[®]-hgh has been making headlines. After the famed Dr. Oz himself introduced the research behind SeroVital to his audience and said, "I've

been searching for this since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call hGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

how SeroVital works

First off, let's be clear: SeroVital-hgh DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but **seven** United States Patents to protect it from imitators.*

the cost factor

At \$99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as \$1500 a month, \$99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-591-4576 or SeroVital.com. Use promo code **HGH297** for free shipping!†

Best Move for Faster Lower-Body Toning

Watch
the video
at prevention.com/band-circuit.



When trainer Bruce Mack led us through this mini-band circuit, our legs were practically shaking—in a good way. Not only does it speed-tone your hips, thighs, and glutes, but doing it before a workout will make the rest of your lower-body exercises (squats, lunges, even your walk) more effective.

TRY IT

Loop a resistance band around your legs, as shown. Then take 10 small steps to the left, 10 forward, 10 to the right, and 10 backward (moving in a box shape). Repeat entire series 2 more times, once with band above ankles and then once more with it wrapped around feet.

A 10-Second Trick to Never Ever Gain Weight

About to order that scone with your latte? Do a little math on how much time it will take to burn off the treat. A study shows that considering the exercise equivalent rather than just the calorie count helps us make the choice we don't regret.



Au Bon Pain
Classic Oatmeal Raisin
Cookie



Starbucks
Double Chocolate Chunk
Brownie



Dunkin'
Donuts
Blueberry
Muffin



Panera
Bread
Cinnamon
Roll



Cheesecake
Factory
Vanilla Bean
Cheesecake

| | Calories | Minutes Walking | Minutes Biking | Minutes Running |
|--|----------|-----------------|----------------|-----------------|
| Au Bon Pain Classic Oatmeal Raisin Cookie | 290 | 72 | 32 | 24 |
| Starbucks Double Chocolate Chunk Brownie | 380 | 94 | 41 | 31 |
| Dunkin' Donuts Blueberry Muffin | 460 | 114 | 50 | 38 |
| Panera Bread Cinnamon Roll | 630 | 155 | 68 | 52 |
| Cheesecake Factory Vanilla Bean Cheesecake | 870 | 215 | 95 | 72 |

ILLUSTRATION BY COLIN HAYES. PHOTOGRAPHS, FROM TOP: BERNARD PROST/STOCKFOOD, FLOORTJE/GETTY IMAGES, GLENN PETERSON/STOCKFOOD, THOM DESANTO/STOCKFOOD, FOODCOLLECTION/STOCKFOOD



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SEE HOW ONE SMALL CHANGE
CAN LEAD TO GOOD THINGS

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THAT HELPS PROMOTE A
HEALTHY IMMUNE
SYSTEM*

Meta MUCIL®

CLINICALLY PROVEN TO
HELP YOU FEEL LESS
HUNGRY BETWEEN
MEALS*

Meta HEALTH BARS™

HELPS LOWER
CHOLESTEROL TO
PROMOTE HEART
HEALTH*

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

* Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil and Meta Health Bars, may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil has 2.4 grams of this soluble fiber. One Meta Health Bar has 1.8 grams of this soluble fiber.

10 THOUGHTS

Every AM Exerciser Must Get Through

"Working out at dawn is effortless," said no one ever. Those who do it anyway? They're not freaks of nature, they've just learned to argue themselves into it. A peek at the tug-of-war in every brain when that alarm disturbs the peace.

Groggy exerciser squints in disbelief at the time.

1 SERIOUSLY? I swear I just went to bed. I'll snooze 5 more minutes. Nah, 10. I'll dress fast...

2 SHUT UP, CHIMES! I have got to change my alarm sound. Maybe I can skip today. I went yesterday...

3 YEAH, I SHOULD SLEEP. Sleep makes you skinny.

4 BUT I'LL FEEL LIKE CRAP LATER. When else am I going to do it?

5 UGH, FINE. There's no falling back to sleep now anyway. Coffee... Must get coffee...

6 DOES THIS SHIRT MATCH? Whatever, at least I'm going.

Still half drunk on melatonin. Run begins.

7 THIS SUCKS. Why am I doing this? I'll just go slow. Better than nothing, I guess.

8 FINALLY, ENDORPHINS! I'm awesome! Life is great! I love everyone!

Thirty minutes later, workout ends.

9 GLAD I DIDN'T STAY IN BED! I'm so ready for the day.

10 WHOA... Did I wear that?

OUR UNDERWEAR MAKES
BLADDER LEAKS
FEEL LIKE NO BIG DEAL.
(and that's a really big deal)



liners • pads • underwear

Get dance-all-you-want bladder leak protection—Always Discreet underwear for sensitive bladders. Absorbs faster than Depend* to help you feel comfortably dry, with a discreet fit that hugs your curves. Because hey, pee happens. For coupons and your free sample,[†] go to alwaysdiscreet.com.

Always Discreet. So bladder leaks can feel like no big deal.

*among Maximum Large. Depend is a trademark of Kimberly-Clark Worldwide. [†]while supplies last.


Beauty

Skin-Worthy Superfoods • Naturally White Teeth

This Frizz Fix Is Elemental

Knowing an acid from a base does matter beyond 10th-grade chem after all: A new *International Journal of Trichology* study reports that your shampoo's pH could make or break your hair day. Formulas with an alkaline, or basic, pH rather than an acidic or neutral one can trigger frizz by chemically roughing up the hair's surface and increasing friction between strands, leaving them less manageable and more prone to breakage. Look for shampoos labeled "low pH" or "pH balancing," such as John Frieda Beach Blonde Cool Dip Purifying Shampoo (\$10) or Intelligent Nutrients PureLuxe Shampoo (\$25).

Source: Maria Dias, MD, PhD



Shampoo with a pH that's **slightly acidic or neutral** smooths hair by helping the cuticle lie flat.

BEAUTY PHOTO STUDIO/GETTY IMAGES

Brows: The Upgrade *Inventors had their eyes on perfecting your arches—who knew?*

Julio Sandino, of NYC studio Pucker, pencils in his picks.

Brow Stencils

Provide goofproof guidance as you fill in barely-there brows with a pencil or powder. **TRY: Anastasia Beverly Hills Classic Stencils (\$20)**

Brow Oil

Softens the skin beneath brow hairs so it won't clog follicles and prevent proper growth. **TRY: B The Eyebrow Experts Nourishing Brow Oil (\$30)**

Brow Primer

Coaxes wiry brow hairs in place and keeps brow powder put all day.

TRY: NYX Cosmetics Proof It! Waterproof Eyebrow Primer (\$7)



For more brow tips, turn to p. 68.

A Natural Tooth **Whitener** That Works

Activated charcoal! No, not the BBQ kind but a treated form (sold in health-food stores) that can chemically attract stains away from tooth enamel.



1 Open one or two capsules of activated charcoal and pour the powder into a cup.



2 Add enough water to cover the bottom of the cup and mix to form a paste.



3 Dab—don't rub—or scrub—the gritty paste on all visible surfaces of your teeth.



4 Wait 3 minutes, then rinse. Repeat daily or as often as you like.

Source: Joseph Banker, DMD, a New Jersey-based cosmetic dentist

Superfoods for Your Skin

The oils and extracts from foods with winning nutrient profiles are capable of beauty feats like plumping and hydrating skin—and fending off menacing free radicals. Try these farm-to-face picks.

Açaí Berries

The berry extract's antioxidant anthocyanins, in products like **Nude Skincare Detox Brightening Fizzy Powder Wash** (\$42), help prevent free-radical damage, which can lead to wrinkles.

Chia Seeds

The oil from these seeds is teeming with omega-3 fatty acids, which is why it's the key ingredient in hydrating serums like **Perricone MD Chia Serum** (\$75).

Amaranth

Thanks to omega-3 fatty acids, oil extracted from this grain helps dermal cells retain water and stay radiant. Find it in products such as **Pai Skincare Echium & Amaranth Age Confidence Facial Oil** (\$90).



cold-pressed oil | 'kōld-prest 'oi(-ə)l

Oil mechanically extracted from nuts, seeds, or veggies at the lowest possible temperature, which, research suggests, leaves behind higher levels of anti-aging antioxidants than hotter processes do.

Try: *Conscious Skincare Enrich Night Cream* (\$41) or *Ambre Fifteen Fresh Extra Oils Nourishing Body Moisturizer* (\$32)

Kirsten's story

New help for your hair

"Hair Volume exceeded my hopes"

Kirsten is 74 and has always been passionate about her hair: "I worked as a hairdresser all my life. When I was young, I was interested in fashion and beauty – Now it is important to me that my hair is set nicely and looks healthy."

I tried Hair Volume

"Recently, I read about Hair Volume and I was impressed with the person's story. I needed a supplement that could help my hair, and this new one seemed interesting. At my local pharmacy, the shop assistant was very enthusiastic about the tablets, telling me of her many happy customers. I was full of expectation."

I recommended these tablets to everyone

"Now, after 3 months of taking Hair Volume, I am convinced. My hair appears healthier, stronger and full of life. I also noticed a difference in both my skin and my nails. I now recommend Hair Volume to everyone", smiles Kirsten.



YOUR HAIR TABLET

Hair Volume™ is a Swedish hair tablet that helps nourish your hair from the inside to make it healthy and beautiful. Unlike other tablets on the market, it contains procyanidin B2 (promoting hair follicle activity), in addition to biotin and other hair, nail and skin nutrients.

Available at participating retailers and online. 1 877-696-6734

Walgreens **CVS/pharmacy** **GNC** **meijer** **Vitamin** **amazon.com** **drugstore** **walgreens.com**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Results may vary. To make sure this product is right for you, always read the label and follow the instructions. Testimonials are not proof of efficacy.

A Peel for Every Problem

Just sayin': No skin-care arsenal is completely serious without a chemical peel, now that gentler at-home versions work as well as in-office counterparts.

Choose your concerns, find a product, and start looking younger.

**Wrinkles/
Brown Spots**
*Your Key Need:
Glycolic Acid*

FINE-LINE
FIGHTER
StriVectin Labs
5-Minute Weekly
Glycolic Peel (\$89)

Blemishes
*Your Key Need:
Salicylic Acid*

ZIT BUSTER
Soap & Glory
the Fab Pore 2-in-1
Facial Pore Purify-
ing Mask and Peel
(\$16)

SPOTS-AND-
SPECKLES ERASER
Peter Thomas Roth
Professional Strength
40% Triple Acid Peel
(\$88)

THE MULTITASKER
Dr. Dennis Gross Alpha
Beta Medi-Spa Peel
(\$110)

FIRMING
SMOOTHER
Kate Somerville
RetAsphere Micro
Peel (\$90)

OIL
CONTROLLER
+ HYDRATOR
Kiehl's Over-
Night Biological
Peel (\$46)

INSTANT PLUMPER
Naturopathica Pumpkin Purifying
Enzyme Peel (\$56)

Plumping/Hydrating/Firming
*Your Key Need: Fruit Enzymes,
Lactic Acid, or Hyaluronic Acid*

**PRO
TIP:**

Test peels on your arm first, advises Diane Madfes, assistant clinical professor of dermatology at NYC's Mount Sinai Hospital.

NEW

"My friends all hate their cell phones... I love mine!" Here's why.

No Contract

Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.

"Cell phones have gotten so small, I can barely dial mine."

Not Jitterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

"I had to get my son to program it."

Your Jitterbug set-up process is simple. We'll even pre-program it with your favorite numbers.

"I tried my sister's cell phone... I couldn't hear it."

Jitterbug is designed with an improved speaker. There's an adjustable volume control, and Jitterbug is hearing-aid compatible.



Available
in Blue
(shown)
Red and
White.



Why pay for minutes you'll never use!

| | Basic 14 | Basic 19 |
|-------------------------------------|-----------------|---------------------------|
| Monthly Minutes | 50 | was 50 NOW 200 |
| Monthly Rate | \$14.99 | \$19.99 |
| Operator Assistance | 24/7 | 24/7 |
| 911 Access | FREE | FREE |
| Long Distance Calls | No add'l charge | No add'l charge |
| Voice Dial | FREE | FREE |
| Nationwide Coverage | YES | YES |
| Friendly Return Policy ¹ | 30 days | 30 days |

More minute plans available.

Ask your Jitterbug expert for details.

Order now
and receive a **FREE**
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for your Jitterbug
— a \$24.99 value.
Call now!

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now, Jitterbug product experts are standing by.



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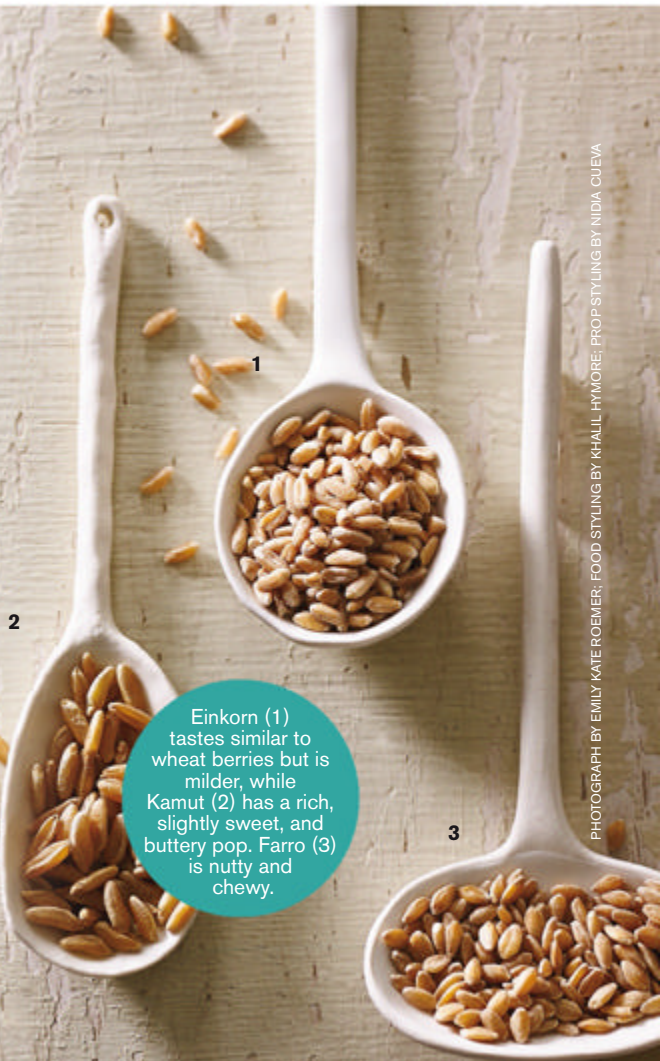
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Dessert Upgrade • Sausage Shock • Flour Alert

The New Wheat (Is Really Old)

Wheat varieties so ancient they could make biblical cameos are having a second coming—and for good reason. Einkorn, Kamut, and farro (or is that *pharaoh*?) are higher in protein and certain vitamins and minerals than their contemporary whole wheat cousins. What's more, all three pack lower levels or milder forms of gliadin, a type of gluten protein, which may make them easier to digest. Find them packaged or in bulk at natural-food stores and use in place of rice or other grains in pilafs, soups, stews, and risottos.



Einkorn (1) tastes similar to wheat berries but is milder, while Kamut (2) has a rich, slightly sweet, and buttery pop. Farro (3) is nutty and chewy.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY NIDA CUEVA

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BOOST® nutritional drinks come in a variety of delicious flavors, and provide great nutrition for you and the ones you love. BOOST® complete nutritional drink contains essential nutrients including calcium & vitamin D to support strong bones and protein to help maintain muscle.

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Find BOOST® in the Nutrition Aisle.

HAPPIER ENDINGS

Low-Sugar Sweets

These simple desserts are sweetened with just enough sugar from natural sources (like maple syrup) to be ambrosial without widening your waistline. Recipes serve 4.

Vanilla-Maple Pudding

Whisk 2 cups **whole milk**, $\frac{1}{3}$ cup **maple syrup**, 1 lg **egg yolk**, and 3 Tbsp **cornstarch** in medium saucepan until smooth. Whisk over medium-high heat until mixture thickens and bubbles, about 8 minutes. Reduce heat to low; whisk 1 minute more. Strain into bowl through sieve. Stir in 1 Tbsp **unsalted butter** and 1 tsp **vanilla extract**. Cover with plastic wrap and chill 3 hours.

Honey-Poached Pears

Peel, halve, and core 2 lg **ripe, firm pears**. Place in saucepan with 2 cups **apple juice**, 2 cups **water**, 3 Tbsp **honey**, and 2 **cinnamon sticks**. Bring to a simmer over medium-high heat. Cover, reduce heat, and cook until tender, about 15 minutes. Whisk $\frac{1}{2}$ cup **plain Greek-style yogurt** and 1 Tbsp **cooking liquid**. Serve pears with yogurt and **chopped walnuts**.

Banana-Berry Sorbet

Cut 3 lg **ripe bananas** into chunks and freeze. Transfer to food processor with $\frac{1}{2}$ cups **frozen strawberries** and 2 tsp **lemon juice**. Puree until smooth and creamy. Serve immediately.

Sweet raisins and tart cranberries.

Together at last.

I love redheads

Stop, I'm blushing



New Kellogg's Raisin Bran® with Cranberries.

The tongue-teasing taste of tart and sweet, plus an excellent source of fiber and Antioxidant Vitamin E.



Great or Gross? Baby Poop Sausage

Scientists in Spain have developed a probiotic-packed sausage using (prepare to retch) fecal matter scraped from diapers. Turns out baby poop is high in strains of gut-friendly bacteria that can withstand the fermentation process used to make sausage, as well

as the acidity of the human digestive tract. This fecal feat won the scientists an Ig Nobel Prize in nutrition, but don't expect to see the sausage at a delicatessen soon. Chances are it will (thankfully?) stay backed up by legislation for years.

lupin | 'lü-pən

A legume (picture an oversize yellow lentil) that's commonly used as a flour substitute in gluten-free packaged foods. Recently, the FDA warned that lupin can cause allergic reactions, even anaphylaxis. The most susceptible are people with peanut or other legume allergies. Read labels: The law requires it to appear on the ingredient list as "lupin" or "lupine."

**Cool
Tool**

Kuhn Rikon Spill Stopper

Top your soup or pasta pot with this petal-shaped, perforated silicone cover and the steam and boiling liquid will escape through its vents, not onto your stove (or you)—no more boilovers. It's heavy-duty enough to flip over and function as a lid when needed, too. (\$25)

STUART TYSON



My organic life is

keeping it
real in my
pursuit of
balance
and peace.

For me, organic means being at one with nature and the world around me. It's about achieving spiritual and emotional calm in the face of everyday demands and stressors. My organic life is constantly discovering new ways to be good to myself.

In every issue of *Rodale's Organic Life* magazine, you'll find actionable, inspired ideas for good gardening, eating, home design, and personal wellbeing.

What's *your* organic life?
#MyOrganicLife

The Bed Clinically Proven to Relieve Back Pain



Frustrated by the Quality of Your Sleep?

Do you toss and turn at night? Can't seem to find a comfortable position? Does your back ache when you awake? These are signs that your mattress may not be supporting you properly, robbing you of the sleep you need.

Perfect Combination of Comfort and Support

Whether you prefer supreme softness or conforming comfort layers, the SLEEP NUMBER® bed adjusts to you, for a truly individualized sleep experience. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your SLEEP NUMBER® setting.

Proven Back-Pain Relief

It's the bed clinically proven to relieve back pain and improve sleep quality.* Clinical studies show an amazing 93% of participants reported back-pain relief while 90% said other aches and pains were reduced.†

93% experienced back-pain relief †

89% reported improved sleep quality

77% found increased energy

Only at a Sleep Number® Store

There's only one place to find your *Sleep Number* setting—a SLEEP NUMBER® store. See and feel how the *Sleep Number* bed conforms to you with our exclusive IndividualFit® 3-D imaging. Only at one of our 450 stores nationwide.



100 NIGHT TRIAL‡

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Spring Allergies

PROBLEM SOLVED!

BY RICHARD LALIBERTE

A problem that is literally, not metaphorically, blowin' in the wind, airborne pollen (among other allergens) makes the immune system think it's under attack. Thirty million of us suffer from sneezing, runny nose, and watery, itchy eyes. The answer, my friend, is in what follows.

AIR-CONDITIONING

Close the windows.

Batten down household hatches and run the AC during pollen season whenever possible. It filters up to 99% of airborne pollen. In the car, set controls to "recirculate" to keep filtered air moving without drawing in outside air.

Start Here!

Avoidance

Wetter and later are better.

When you can, save errands for drizzly weather. Rain helps keep pollen from drifting through the air. Another dodge: Schedule outdoor activities for afternoon or evening. Pollen counts are highest first thing in the morning.

OTC ANTIHISTAMINES

Take your pick.

Second-generation meds once available only by prescription (e.g., Allegra, Claritin, Zyrtec) control symptoms without making you drowsy, the way older versions did. Need quicker relief? Sedating, first-generation antihistamines such as Benadryl work in minutes instead of the half hour it takes newer drugs to kick in.

Eye Drops

If itchy eyes are your big issue.

Twice-daily OTC antihistamine drops like Alaway and Zaditor medicate just the eye, minimizing any side effects. Wear contacts? Once-a-day prescription Pataday lets you treat eyes at night after taking out lenses and be set for the next 24 hours.

ANTIHISTAMINE SPRAYS

Fast and effective help.

Prescription sprays like Astepro and Patanase attack symptoms right in the nose. A spritz or two (check directions) provides relief in 20 to 30 minutes and lasts about 12 hours.

10

Percentage of the US population with hay fever, the nation's most common allergic disorder



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Answers • Spring Allergies

NASAL STEROIDS

New sprays, no Rx.

Corticosteroids reduce inflammation and cut sneezing and runny nose but need to be used daily. Flonase Allergy Relief got the FDA green light for OTC sales last year.

IMMUNOTHERAPY TABLETS

Like shots with no needle.

These new daily meds contain allergens that dissolve under the tongue to train your body not to react. Drawbacks: You must start treatment 12 weeks before allergy season, and it may not work on all your allergens.

Allergy Shots

Still the gold standard.

These weekly (for 6 months) then monthly (for 3 to 5 years) pokes in the allergist's office tend to work better than any new under-the-tongue trick—partly because your doctor can customize extracts to your mix of allergies.

ANTIALLERGY TOOTHPASTE

Brush-on relief.

Allerdent, a toothpaste with allergy proteins mixed in, may outperform tablets, but studies are still under way. It is available in the US on a prescription-only basis. Find out more at allovate.com.

Sources: Lily Pien, MD, allergist with Cleveland Clinic Respiratory Institute; William Reisacher, MD, associate professor of otolaryngology—head and neck surgery at Weill Cornell Medical College; Carol Saltoun, MD, assistant professor of medicine, division of allergy/immunology at Northwestern University Feinberg School of Medicine

ILLUSTRATION BY RYO TAKEMASA. PHOTOGRAPH BY MALERAPASO/GETTY IMAGES

Advertisement



model image

I was upset about my “WORRY-WRINKLE”

Lone is 58 and her skin was normally both well cared for and fine, but age had left its marks.

“**W**hen I was younger, I used to sunbathe for hours, and went to tanning salons occasionally, so already at 30 I started noticing fine lines and wrinkles. Especially a “worry-wrinkle” between my eyes made me look angry and it really bothered me.

I heard about Skin Care from a friend, who was very happy with the tablets. So I bought the first package.

I have taken Skin Care now for 3 months and can feel that my skin has become softer and smoother. Also the glow has returned! Even my husband has noticed! I am really satisfied with the result and will continue to take these tablets.”

Lone, Denmark



AS EARLY AS IN OUR 20'S, our skin starts losing its ability to form collagen, which is essential for keeping your skin young and firm. As collagen is lost, the skin turns thinner and less elastic and the wrinkles appear. To help prevent this, New Nordic has developed a skin tablet containing collagen, pomegranate extract and other important skin nutrients. Skin Care™ not only nourishes from within but also activates the skin's own production of collagen.

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Nobody Expected Me to Survive, Let Alone Win

After her near-death fall, doctors told Amy Morosini she'd never walk unassisted again. But she's running away from that prediction—and proving that raw passion changes everything.

AS TOLD TO ELIZABETH SHIMER BOWERS
PHOTOGRAPHS BY JAMES ELLIOT BAILEY

Challenged to
run, Morosini
thought, *Yeah,*
why can't I?

Better Than Ever



Better Than Ever

When I look back on that first day in the hospital, I'm astonished.

Eighteen years ago, I opened my eyes in the ICU in the most intense pain. "You fell out a window," my mom said. "You're lucky to be alive."

I'd suffered a crushed skull, a broken hip, and extensive nerve damage along the entire right side of my body. When I looked in the mirror, my face was paralyzed and drooping on the left side from a traumatic brain injury. During 8 months of physical therapy, I had to relearn how to put one foot in front of the other.

After barely surviving all that, I wasn't thinking about running. I was just happy to make it to the next day.

It wasn't until years later, when my friend Linh completed her first race,


that the idea of running popped on my radar screen. In awe, I said to her, "I wish I could do it, too." Her reply: "Why can't you?"

At first I was shocked. Linh knew about my injuries and that I had parathesia, which caused a permanent pins-and-needles sensation on the entire right side of my body. Still, despite all I'd been through, she thought it was possible—and that gave me hope. I thought, *Yeah, why can't I?* I joined a running club soon after.

Needless to say, I was the slowest one in the group. I couldn't do a lot of the exercises, especially the sprints. But I went faithfully and, encouraged by my fellow members and coach, slowly began to improve.

When I crossed the finish line of my first half-marathon, with my husband and three sons cheering me on, I was overwhelmed by indescribable emotion. For the first time in my life, I felt like a winner, like I was unbeatable. One of the first things I said was "When is the next race? I want to do that again."


Now I've finished eight half-marathons and four marathons and even completed two half-Ironman triathlons, last time placing third in my division. In my sights are the Boston Marathon and the Ironman World Championship. I truly feel like Wonder Woman, and now I know it's true: If you can imagine it, you can achieve it.



Morosini switched to a plant-based diet to power her training.

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Face It, You're Beautiful

*There's a fine line between finally loving
your face, flaws and all, and waving a big, white
I GIVE UP flag. Real 40+ readers ask their most pressing
questions about how to keep trying.*

PLUS: *Three who made peace with the creases*

BY ALEXANDRA DURON AND JESSICA CHIA



Q I can deal with wrinkles, but I'm not a fan of these **RANDOM FACIAL HAIRS** **POPPING UP** in my chin and lip area. **Do I have any defense but my tweezers?** —*Alice B., Carlsbad, NM*

Estrogen levels begin to decline in your mid- to late 30s, so the levels of

androgens ("male" hormones all women have a little of) are higher than normal in your bloodstream. The unsavory result: dark, stubborn hairs on your upper lip and chin. The fix?

● Pluck (you guessed it), wax, or thread the stray hairs. Or, for lasting results, try laser hair removal. Just resist the urge to pick up a razor: ➤

"My **Nose** Is Just My Nose"



Sarah Colonna, 40, **comedian and author of *Has Anyone Seen My Pants?***

"I wasn't ever terribly insecure, but there was always something about my looks that bugged me: My nose was too big, I had too many freckles, and don't get me started on the lines that go from my cheekbones to my eyes.

What are those? (Don't tell me it's age; I've had them since I was a teenager.) So, given what I do, I just figured I had my sense of humor, if nothing else. But decade by decade, things changed. When I was in my 20s, I realized my nose wasn't 'big'—it was just my nose. In my 30s, I began cherishing my freckles; they make me feel sun-kissed and youthful. And **by 2014, when I turned 40, I finally accepted that those lines on my face are part of my face, and my face isn't going anywhere.** I always thought the year of turning 40 would be the year of breakdowns and

fear—the year I panicked about what new crease would pop up where and how I could stop it. But it didn't happen that way. Instead, over the past few years, I grew comfortable in my own skin. When I looked at my friends, who were all aging right along with me, all I saw was that they were getting more and more beautiful—which made me realize...maybe I was, too. As I grew comfortable with who I was on the inside, the outside began to match. I could have a sense of humor and love the way I look. Who knew? After all, it is my face, so if I don't love it, who—aside from my mom—will?"

Research suggests that putting a smidgen of effort into your grooming routine automatically makes you feel more positive about your looks.

“Beauty Is Your Body at Ease”



Elizabeth Mattis-Namgyel, 52, Buddhist practitioner and author of *The Power of an Open Question*

“Some very unattractive footage of me—terrible lighting, frumpy clothes, unflattering camera angles—once made its way into a widely distributed documentary. The discomfort that came from caring what others think made me realize how deeply **I value the freedom that comes from moving through life without being fixated on how others see me.**

I don’t just look one way; I am human and dynamic—let it be! Unself-conscious beauty is the most attractive quality a woman can have. I see gorgeous, riveting women in their 50s, 60s, 70s, and 80s. Beauty is not as much about outer appearances as it is about feeling at ease in your body. People respond to this kind of authenticity, and it puts them at ease, too.”



Shaving can cause ingrown hairs.

- Tell your ob-gyn if things get really hairy. She may suggest birth control to tame hairy hormones, says Jessica Wu, an assistant clinical professor of dermatology at the University of Southern California.

Q I'm not sure if it's the texture or the shade, but **CERTAIN TYPES OF MAKEUP MAKE ME LOOK OLDER THAN I AM. How can I avoid buying products that make me look worse?** —Brenda B., Syracuse, NY

Powders are typically made of silicone, which can settle in wrinkles and make them more obvious, says Jeannette Graf, a dermatologist and an assistant clinical professor at Mount Sinai Hospital in New York City. The fix?

- Choose a water-based liquid foundation that has illuminating particles, like YSL Le Teint Touche Éclat Foundation (\$57).

- For coverage that looks airbrushed rather than caked on, try this:

APPLY. Buff the foundation into skin using a makeup-blending sponge like Beautyblender Pure (\$20), suggests Mai Quynh, a Los Angeles-based makeup artist.

THEN ERASE. Run a clean cotton swab along creases to swipe excess product out of your fine lines.

Q The thing that bothers me most about my looks now that I'm in my 50s is that **I ALWAYS LOOK TIRED. I can sleep 7 or 8 hours and still not look rested, thanks to under-eye puffiness. What gives?** —Laura P., Grafton, MA

The delicate skin and muscles around your eyes weaken with time, and fat under your lower lids can migrate downward, contributing to round-the-clock puffiness no matter what you eat or how long you sleep (lovely, huh?). These slipped fat pockets are usually hereditary. If your under-eye pouches tend to come and go, it's probably the result of fluid accumulating in the area due to sinus issues, among other causes. The fix?

- Take an antihistamine, sleep on an extra pillow (so fluid can drain rather than settle during the night), and cover each eye area with a cold compress for 3 minutes when you wake up. This triple threat will combat pooling fluid and stuffy sinuses, says Wu.

- Consider a surgery called blepharoplasty, which can remove excess fat and correct sagging skin there to get rid of bags for good.

- Try creams and cosmetics:

TREAT AT NIGHT. Apply an eye cream that contains anti-inflammatory ingredients such as calendula and licorice >



to the skin underneath your eyes.

BRIGHTEN BY DAY. Dust shimmery, peachy shadows on your upper lids for a brighter, fully rested effect, Quynh suggests. Avoid dark eye shadows—they'll enhance the swollen look, she cautions.

Q I've always loved my strong, expressive brows. But **MY EYEBROWS HAVE THINNED SO MUCH.** How can I keep my signature look without them seeming obvious or painted on?

—Christina E., North Brookfield, MA

While a disappearing-brow act can sometimes be blamed on hormonal issues such as hypothyroidism or heredity, it's usually just part of the normal aging process, says Wu. The fix?

- Try the prescription drug Latisse. It's FDA approved for the growth of eyelashes, but it works on brows, too, Wu says. (She should know—she uses it on her own arches.) The only caveat: It'll take longer than the standard 3 to 4 months to see results, because eyebrow skin is thicker than the skin around your lashes, she says.

- Use a brow pencil to fill in spaces in the meantime:

BUY IT. Choose a pencil in a hue close to your hair's natural shade.

TRY IT. Draw light, feathery strokes throughout clean brows. Any

underlying makeup or lotion will make lines look harsher and darker, since the products hold on to pigment.


PERFECT IT. Comb brows with a clean brush to blend and soften the color, says Sania Vucetaj, owner of Sania's Brow Bar in New York City.

Q I've never smoked or spent much time sucking from a straw, but **THE SKIN ABOVE MY LIP IS PUCKERING.** There seems to be a product for every part of the face but this one! Is it possible to treat it? —Nancy H., Andover, MA

Even if you've stayed away from those crease-causing habits, unconsciously pursing your lips can also lead to wrinkles—as can just, you know, getting older. The fix?

- Tighten the area with the help of skin-strengthening peptides, collagen, or retinol, suggests Graf:

SMOOTH IT OUT. Apply a nonirritating retinol treatment like StriVectin-AR Advanced Retinol Concentrated Serum (\$119) to your face nightly, paying special attention to the skin around your mouth.

PUMP IT UP. Each day, apply a product such as Lierac Paris Cohérence Lèvres Replumping Cream Lips (\$39) that contains line-reducing collagen, as well as skin-plumping peptides and hydrating hyaluronic acid, directly on lips. 

"I Famously Do Not **Worry**"



Sandra Tsing Loh, 52, author of *The Madwoman in the Volvo: My Year of Raging Hormones*
"From my late 20s on, I had these puffy eye

bags. Everyone was always asking me if I got enough sleep—even if I got 12 hours the night before. So at 36, I decided to have them lasered. They just zip out that little pocket of fat. And you know what? It was totally effective. Since then, **I've found myself so confident that I famously do not worry about my appearance at all.** My kids tease me about it. When I was in my 20s and dating—well,

unsuccessfully dating—I would try many more things to try to make myself look attractive, but now I try not to look at myself that critically. I have sort of a potatoey nose, and my hair is still kind of a disaster, but so what? At 52, I think the most recent photos of myself are the best photos I've seen. But I'm a little farsighted now. A pleasant soft focus—that's what age gives you to compensate."



Brief Summary of Medication Guide

Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of Infection
2. Risk of Cancer

1. Risk of Infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See “What is the most important information I should know about Enbrel?”)

- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.

- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:

- **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
- **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
- **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - All vaccines should be brought up-to-date before starting Enbrel.
 - People taking Enbrel should not receive live vaccines.
 - Ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
- The needle covers on the single-use prefilled syringes and the needle covers within the needle caps on the single-use prefilled SureClick® autoinjectors contain dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby. If you took Enbrel during pregnancy, talk to your doctor prior to administration of live vaccines to your infant.
- If you become pregnant while taking Enbrel, you are encouraged to enroll in Amgen's Pregnancy Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).
- are breastfeeding or plan to breastfeed. Enbrel can pass into breast milk. You and your doctor should decide if you will take Enbrel or breastfeed. You should not do both.
 - If you choose to breastfeed while taking Enbrel, you are encouraged to enroll in Amgen's Lactation Surveillance Program. You can enroll by calling 1-800-77-AMGEN (1-800-772-6436).

See the section “What are the possible side effects of Enbrel?” below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older who are candidates for systemic therapy or phototherapy.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
 - If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
 - Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick® Autoinjector
 - Multiple-use Vial
 - See the detailed "Instructions for Use" with the Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
 - Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regularly scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist.
- Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

See **"What is the most important information I should know about Enbrel?"**

Enbrel can cause serious side effects, including:

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Previous Hepatitis B infection.** If you have been previously infected with the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.

- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
 - **Upper respiratory infections** (sinus infections).
 - **Headache.**
- These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- If needed, you may store the Enbrel syringe, autoinjector, or the dose tray for the multi-use vial at room temperature between 68°F to 77°F (20°C to 25°C) for up to 14 days.
 - Once Enbrel has reached room temperature, do not put it back in the refrigerator.
- Throw away Enbrel that has been stored at room temperature after 14 days.
- Mixed Enbrel powder should be used right away or kept in the refrigerator at 36°F to 46°F (2°C to 8°C) for up to 14 days.
- **Do not store Enbrel in extreme heat or cold.** For example, avoid storing Enbrel in your vehicle's glove box or trunk.
- **Do not freeze.**
- **Do not shake.**
- Store Enbrel in the original carton to protect from light or physical damage.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

The Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information, call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick® Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine



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PHOTOGRAPH BY THE MORRISONS; WARDROBE STYLING BY DANA GOLDENBERG

Real Food Right Now

These days, a trip to the grocery store requires a little soul-searching and a lot of label reading: *Organic, sustainable, local, seasonal. Gluten-free, sugar-free, GMO-free. Oh yeah, and vegan, vegetarian, raw...even food with fecal bacteria* (see p. 52). **When did eating become so freaking fussy?** It's enough to make anyone throw her hands in the air—and then right inside the fridge for some Chardonnay and ice cream.

Real
Food
Right Now

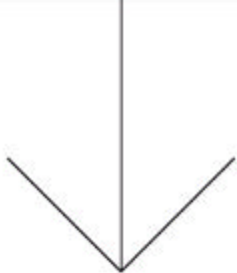




And so what? Ice cream isn't going to kill you, as long as it's not dinner every night (and then it probably still wouldn't kill you). Because as you know, eating healthy nowadays really just means choosing whole foods sourced from the earth, with the least processing and fewest possible ingredients that sound like hair dye. And ice cream, not to mention that Chardonnay, can totally qualify.

Thing is, though, eating day after day according to this simple concept isn't so easy.

The meaning of *clean food* feels like a moving target. The options are dizzying. The options taste like cardboard (a lot of them, anyway). You keep striving for delicious *and* clean, because of how it makes you feel, but it can be a struggle. Well, you got this. And you've got us: We've put together this issue, which includes our third annual packaged food awards, and have started a new website, EatClean.com. In both, you'll find



appetizing inspiration and head-clearing intel. **But only you know what you're going to do with it all.** How will you take the stories, the products, and the recipes and turn them into a life that makes you feel great? We can't wait to find out.

Prevention's Cleanest

All Earn Our Pick Because They:

1. Contain no more than 10 g of added sugars
2. Are made without genetically modified ingredients
3. Are low in or devoid of synthetic or artificial ingredients
4. Prioritize organic or sustainably sourced ingredients
5. Are sustainable per Monterey Bay Aquarium's criteria (if seafood)
6. Prioritize toxin-free or eco-friendly packaging
7. Are made without excess added sodium
8. Are new to the market within the past 18 months
9. Taste absolutely delicious

GO TO PREVENTION.COM TO SEE WINNERS FROM THE PAST 2 YEARS.


FOOD
AWARD
KEY

 Organic

 Vegan

 Dairy-Free

 Gluten-Free

 Weight-Loss Friendly

 Paleo







Packaged Food Awards











- 1. Food for Life Ezekiel 4:9 Sprouted Grain Waffles** Made with grains allowed to sprout before being ground into flour, these waffles pack a nuttier flavor and are easier to digest. (\$4)  






Breakfast




- 2. Green Valley Organics Lactose Free Cream Cheese** This spreadable cultured cream cheese carries 10 probiotic cultures—way more than most brands—and tastes decadent enough to be dessert. (\$3.50)  



- 3. Love Grown Foods Power O's** Made from a blend of navy beans, lentils, and garbanzos, these subtly sweet Os elevate cereal from its carb-bomb status to a protein-and-fiber-rich power breakfast. (\$5) 



- 4. Peace Cereal Blueberry Walnut Organic Flakes & Clusters** This addictively crunchy cereal has zero artificial colors and flavors, plus more fiber per bowl than traditional flake-and-cluster blends. (\$5)   

- 5. The Perfect Snaque Coconut Almond Quinoa Crunch** A good source

of protein and fiber, this creative combo of quinoa and sprouted lentils has only 7 g of sugar. (\$5 for 6 oz)   

- 6. Lärabar Renola Cinnamon Nut** Granola without grains? Taste this cinnamon-kissed blend of nuts and seeds and you won't miss the gluten and excess sugar found in most granolas. (\$11 for 9 oz)   

- 7. The Chia Co Oats + Chia** Instant oatmeal can be full of sugar and additives, but not this just-sweet-enough blend of oats, chia, dried fruit, and coconut oil. (\$7)  

- 8. Kashi Organic Promise Sprouted Grains Cereal** This wholesome flake-based cereal boasts several different types of sprouted grains, increasing its ratio of easy-to-absorb nutrients. (\$4.50)  

100
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9. Bob's Red Mill Gluten Free Scottish Oatmeal The milling process for this creamy cereal keeps oat bran intact so it's higher in fiber than regular rolled oats. (\$5.50)

10. Eden Foods Organic Concord Grape Butter Drop the sugary jams and jellies for this full-bodied, slow-simmered toast topper made only from grapes. (\$6)

11. Zema's Madhouse Foods Peruvian Sweet Potato Pancake & Waffle Mix Sweet potato pie meets fluffy pancakes in this drool-worthy omega-3-rich mix loaded with hemp, chia, and flax meal. (\$9)

12. Amy's Veggie Sausage These heart-healthy links pair seasoned grains with veggies for a tasty vegan "meat" that's free of nitrates and cholesterol. (\$6)

13. Steve's PaleoGoods PaleoNutButter Cinnamon This fiber-rich nut-and-seed blend tastes like dessert but has only 3 g of sugar—18 g less than Nutella. (\$9)

14. Ozery Morning Rounds Dates & Chia A cross between a pita and a scone, this pillowy, subtly sweet bread is packed with omega-3-rich chia seeds. (\$4)

15. Wild Friends Organic Honey Sunflower Seed Butter SB&J, anyone? With an equally nutty taste and more vitamin E than PB, this spread merits pantry space. (\$9)

16. Earthbound Farm Organic Smoothie Kickstarts Make smoothies a healthy habit with these preportioned bags of organic, no-sugar-added produce. Just add liquid and blend. (\$4)



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Lunch/Dinner


17. Cluck 'n Moo Organic Chicken Burgers with Grass-Fed Beef Drop the calories, fat, and toxins of grain-fed beef for this less-greasy blend of ground chicken and grass-fed beef. (\$12)     






18. Evol Sweet Potato, Black Bean & Goat Cheese Street Tacos These sweet-savory tacos are full of fiber, thanks to corn tortillas and organic black beans. (\$4) 




19. Beyond Meat Beefy Crumble This vegan ground beef replacement has the flavor and protein of red meat, without resorting to gluten or soy fillers. (\$6.50)     

20. Made in Nature Organic Ancient Grain Fusion Go gourmet in seconds with these microwavable pouches of ancient grains, legumes, and veggies. (\$4) 

21. Lotus Foods Organic Forbidden Rice Ramen Upgrade wheat ramen with this antioxidant-rich black-rice blend. (\$7)   

22. Lundberg Organic Sprouted Tri-Color Blend Rice Get the most out of your grains with this nutty blend of sprouted red, brown, and black rice. (\$6.50)    

23. Nona Lim Carrot Ginger Soup Dairy-free yet ultracreamy, this bisque has just 70 calories per serving. (\$5)     

24. Dave's Killer Bread Organic Good Seed Thin-Sliced Bread A four-seed blend adds 360 mg of omega-3s and a good crunch to every 70-calorie slice. (\$5)   

25. Cooksimple Boxed Meals Serve a preservative-free meal fast by adding a few

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34. Banza Chickpea Pasta Grain-free is good when you swap refined flours for more nutritious stuff. Made from beans and pea protein, this pasta delivers 14 g of protein and 8 g of fiber. (\$4) [b](#) [v](#) [p](#) [e](#)



fresh ingredients to these mixes in flavors like Punjabi Coconut Curry. (\$5) [b](#) [v](#) [p](#) [e](#)

26. Simply Organic Steam Gourmet Garlic Herb Chicken Kit You bring the chicken; this kit does the rest, using spices to flavor without excess fat or sugar. (\$6) [b](#) [v](#) [p](#) [e](#) [t](#) [w](#)

27. MorningStar Farms Roasted Garlic and Quinoa Burger This deliciously garlicky burger blends quinoa, lentils, rice, and veggies to deliver 7 g of protein and fiber. (\$5) [v](#) [b](#) [p](#) [e](#)

28. Wild Planet White Anchovies Forget shrimp: These delicate anchovies have fewer toxins, are more sustainable, and pack over 2,000 mg of omega-3s. (\$3.50) [b](#) [v](#) [p](#) [e](#)

29. Tres Latin Foods Spinach and Cheese Pupusas These low-cal stuffed

corn tortillas taste like south-of-the-border calzones and contain 7 g of protein. (\$5) [b](#)

30. Sprouted for Life Gluten-Free Original 3-Seed Bread Enjoy gluten-free bread from sprouted seeds with this unexpectedly soft loaf. (\$8.50) [v](#) [b](#) [p](#) [e](#)




31. Artisan Bistro Meals for 2 Miso Glazed Wild Salmon This entrée features sustainable, wild Alaskan salmon and comes out perfectly flaky every time. (\$9) [b](#) [v](#) [p](#) [e](#) [t](#)

32. Luvo Organic Bean & Cheese Burrito With just 310 calories, this burrito is the holy grail of frozen Mexican. (\$3) [b](#)

33. Pereg Quinoa Pasta This quinoa pasta is made of 100% quinoa flour—no corn or rice—which ups its protein and fiber. (\$6) [b](#) [v](#) [p](#) [e](#)



35. Cappello's Chocolate Chip Cookie Dough

Feel free to eat the raw dough of this egg-free almond-flour cookie dough, perfect for Paleos. (\$14)   



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Snacks






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36. Chic-a-Peas Crunchy Falafel Chickpeas Spice, salt, and crunch combine perfectly in this snack made from roasted whole chickpeas. (\$4)   

37. The New Primal Spicy Grass-Fed Beef Jerky This jerky from grass-fed cows is big on taste, not toxins. (\$7.50)   





38. Yawp! Naked Nutrition Bar This perfectly crunchy nut, seed, and date bar is ideal for coffee dunking. (\$3)   



39. Pure Organic Vanilla Almond Ancient Grain Bar A blend of quinoa, amaranth, flaxseed, and hemp bumps up the nutrition of this earthy, low-sugar bar. (\$2)   

40. Simple Mills Banana Muffin Almond Flour Mix This grain-free baking mix gets

a flavor kick from real-food ingredients like organic coconut nectar. (\$9)   

41. Hope Foods Organic Garlic Lentil Superfood Dip A unique twist on hummus, this lentil spread is just as creamy but lower in calories. (\$4.50)    

42. Wonderfully Raw Cheezy Herb Brussel Bytes Savory and crunchy, these veggie chips are made from the real deal: brussels sprouts and kale. (\$6)    

43. Ginny Minis Chocolate Chip Love Cookies Conquer your cravings without overdoing it with these 150-calorie packs of mini cookies. (\$6.50 per 6-pack)  

44. Living Raw Organic Hippie Hemp Chocolate Truffles These vegan treats are

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raw, keeping all cacao's nutrients and bold chocolatey taste intact. (\$5)

45. Que Pasa Chipotle Salsa This low-sodium salsa has all the heat but none of the preservatives of mainstream brands. (\$4)

46. NadaMoo Bananas for PB & Chocolate This coconut ice cream has no fillers and only 120 calories per half cup. (\$7)

47. G.H. Cretors Organic Simply Salted Popped Corn Just three ingredients make up this perfectly salted popcorn. (\$4)

48. EPIC Hunter Gatherer Beef Jerky + Berry Blossom This super Paleo snack pairs organic jerky with roasted nuts and dried fruit. (\$39 per 6-pack)

49. Rudi's Gluten-Free Cherry Almond Bars Real fruit and fiber-filled oats combine for a healthier oatmeal-cookie alternative. (\$7)

50. Navitas Naturals Superfood+ Maca Cashews These maple-kissed cashews include maca powder, linked to healthy libido and hormone levels. (\$7)

51. Lily's Salted Almond and Milk Chocolate Bar This no-sugar-added chocolate, which is sweetened with stevia, has 20% fewer calories than conventional bars and the same great taste. (\$4.50)

52. Dang Lightly Salted Toasted Coconut Chips With just two ingredients, this whole-food snack covers any craving: crispy, sweet, or salty. (\$4.50)



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Snacks

53. Stonyfield Organic Petite Crème Plain & Simple This 100-calorie, 2-ingredient treat is actually a fresh sweet cheese and offers 12 g of protein per cup. (\$2)

54. Luna & Larry's Organic Coconut Bliss Café Latte Bars Organic coconut milk meets fair-trade coffee in this grown-up ice cream bar. (\$6)

55. Ruby Rocket's Pops Veggies and probiotics up the nutrients here—just 35 calories and 4 g of sugar a pop. (\$6)

56. So Delicious Unsweetened Vanilla Cultured Coconut Milk This plant-based variety has all the probiotics, calcium, and creamy flavor of regular yogurt. (\$4)

57. Pacific Organic Shelf Stable Hummus

This new shelf-stable hummus tastes super-fresh and lasts up to 2 years without any weird preservatives. (\$4)

58. Nancy's Organic Nonfat Probiotic Greek Yogurt Organic Greek yogurt is hard to find. Bonus: This one's got 22 g of protein and billions of probiotics. (\$2)

59. SeaSnax Chomperz Crunchy Sea-weed Chips These crispy chips are high in protein and low in calories and taste nothing like low tide. (\$5)

60. Wonderful Pistachio 100-Calorie Packs Go nuts without going overboard with these preportioned packs of pistachios and sea salt—and that's it. (\$1.50)

61. Nutiva Organic O'Coconut Treat

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66. Bolder Canyon Ancient Grains Sea Salt Chips

Old-school grains like amaranth, teff, and sorghum give these dippable chips a nutty flavor boost and an extra dose of fiber. (\$4) [V](#)[B](#)[C](#)[P](#)

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These bite-size macaroon-style snacks contain coconut oil, shown to help boost brain health. (\$6.50 per 8-pack) [V](#)[B](#)[C](#)[P](#)

62. Mary's Gone Crackers Hot 'n Spicy Jalapeño Crackers This spicy snack is gluten-free yet whole grain. (\$5) [V](#)[B](#)[C](#)[P](#)

63. Garden of Eatin' Kale Corn Tortilla Chips These chips pack in non-GMO corn, expeller-pressed oil, and kale for a sophisticated, nutritious crunch. (\$4) [V](#)[B](#)[C](#)

64. Kettle Brand Real Sliced Potatoes, Olive Oil These have 40 fewer calories than ones cooked in vegetable oil. (\$3.50) [V](#)[B](#)[C](#)

65. Primizie Simply Salted Crispbreads These four-ingredient grilled crisps provide a crunchy clean slate for any dip. (\$4) [V](#)[B](#)

Pantry Staples

67. Jacob's Raw Organic Rainbow Kraut

[V](#)[B](#)[C](#)[P](#)[N](#)[F](#)

68. Now Real Food Organic Triple Omega Seed Mix [V](#)[B](#)[C](#)[P](#)[N](#)

69. Hilary's Eat Well Apple Fennel Dressing with Dandelion Root [V](#)[B](#)[C](#)[P](#)

70. PaleoChef Ketchup [V](#)[B](#)[C](#)[P](#)

71. Hampton Creek Just Mayo Sriracha [V](#)[B](#)[C](#)

72. Sir Kensington's Spicy Brown Mustard [V](#)[B](#)[C](#)[P](#)

73. Nutiva Organic Refined Coconut Oil [V](#)[B](#)[C](#)[P](#)

74. La Tourangelle Organic Extra Virgin Olive Spray Oil [V](#)[B](#)[C](#)[P](#)[N](#)[F](#)

75. Ellyndale Naturals Avocado Oil [V](#)[B](#)[C](#)[P](#)

76. Cup4Cup Gluten Free Wholesome Flour Blend [V](#)[B](#)[C](#)

77. King Arthur Almond Flour [V](#)[B](#)[C](#)[P](#)

78. The Neat Egg [V](#)[B](#)[C](#)

79. Uncle Steve's Marinara Sauce [V](#)[B](#)[C](#)[P](#)

80. Pacific Organic Bone Broth [V](#)[B](#)[C](#)[P](#)[N](#)[F](#)



81. Genki-Su Hawaiian Ginger-Honey This tart and tangy low-sugar blend of coconut vinegar, ginger, and honey is a tastier version of the drinking vinegars Japanese warriors once chugged before battle. (\$10)

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Beverages

82. Numi Organic Turmeric Tea This herbal tea features earthy turmeric, shown to reduce inflammation. (\$8)

83. Traditional Medicinals Organic Green Tea Ginger Made from fair-trade green tea, this blend includes warming ginger for better digestion. (\$5)

84. Matcha Love Unsweetened Green Tea Enjoy matcha—green tea's whole-leaf form—without the brewing hassle by popping the tab of this sugar-free drink. (\$2)

85. Hint Fizz Cherry Sparkling Water This sparkling drink has no calories yet boasts subtle fruit flavor from real cherries. (\$1.50)

86. KeVita Organic Master Brew Kombucha This tart, fizzy tea has twice the probiotics of other brands. (\$3.50)

87. Organic Valley 2% Grassmilk This milk from grass-fed cows has more omega-3s than your average carton. (\$5.50)

88. Counting Sheep 40 Winks Bedtime Blend Coffee This smooth decaf blend has organic valerian root to help you unwind naturally. (\$15.50)

89. Toms Roasting Co. Certified Organic Single-Origin Peru Coffee For every fair-trade bag sold, Toms donates a week of water to a person in need. (\$13)

90. Caliwat Made from prickly pear cactus juice, this is packed with electrolytes for just 32 calories per bottle. (\$3.50)

91. Silk Unsweetened Almond Coconut Blend You get zero sugar and plenty of vitamins in this naturally sweet combo of two alternative milks. (\$3.50)

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92. Bragg Organic Apple Cider Vinegar Limeade This mix of vinegar, lime juice, and stevia will help you detox without the pucker of pure vinegar. (\$2.50)

93. Lifeway Perfect 12 Triple Berry Tart Kefir-fermented dairy at its finest—meets fruit and stevia in this probiotic blend with less sugar than most brands. (\$4)

94. Califia Double Espresso Pure Iced Coffee with Almondmilk This dairy-free lattelike drink is made with almond milk and sustainably sourced coffee. (\$5)

95. Suja Revive A serving of this refreshing juice has just 4 g of sugar—far less than most. (\$6)

96. Harmless Harvest Organic Cinnamon & Clove Coconut Water This fair-trade, raw coconut water contains blood

sugar—stabilizing cinnamon and tastes like a morning bun in a bottle. (\$5.50)

97. So Delicious Unsweetened Cashew Milk Creamier and richer than almond milk, this dairy-free nut option has only 35 calories per serving. (\$2)

98. Republic of Tea Get Clean Stackable Tea Tin This “tea cleanse” set has specific brews to help you detox morning, midday, and night. (\$13.50)

99. Grady's Cold Brew Bean Bags Cold-brew your own coffee and skip that shop's long lines with these tea-bag-like pouches. (\$12)

100. HiBall Energy Peach Made from just sparkling water with natural caffeine and flavor, it's the cleanest energy drink around. Bonus: Tastes like summer. (\$2)

Six stories of extreme healing
through clean eating.
Prepare to be astonished.

“Now I feel
like I have
SUPER



Where the magic happens: Lisa Rae Rosenberg in the kitchen where she prepares the raw vegan foods that turned her life around

POWERS"

PHOTOGRAPHS BY JAMES ELLIOT BAILEY; WARDROBE STYLING, HAIR, AND MAKEUP BY JULI TANG; FOOD AND PROP STYLING BY KRISTIN FULSCHER

BY CAROLINE PRADERIO



Now I eat 80%
raw. I'll have a spicy
curry or oatmeal
when I miss having
a hot meal.

“People started telling me I looked radiant instead of tired.”

—LISA RAE ROSENBERG, 50, SOUTH PASADENA, CA

At first, Lisa Rae Rosenberg was skeptical of the extremes of a raw vegan diet—no cooked food, no dairy, no meat—and not so thrilled by the prospect of giving up glazed doughnuts and chicken-fried steak. But in a last-ditch attempt to curb her rising cholesterol, she stifled her doubts and resolved to try it for 7 days. “After that week, I felt so much better that I decided to add another week, and after about a month, I felt like I had superpowers,” she says. She dropped 20 pounds, and her total cholesterol plunged 60 points in 8 months. “People started telling me I looked radiant instead of telling me how tired I looked,” she says. “My skin is clearer and my eyes are brighter.” The changes—and all the questions from friends—inspired Lisa to start MyRawBlog.com, a chronicle of recipes and tips illustrating how anyone can adopt the diet. “I wanted to show people it’s not hard, and you can do this,” she says. “You can feel better.”



"I lost 100 pounds and reversed my diabetes."

—MARIA GORDON, 28,
UPPER MARLBORO, MD

Maria Gordon was 23 when she was diagnosed with type 2 diabetes and told she needed daily medication. In 2013, after 3 years of dependence on the drugs, she started to feel trapped. "I talked to my doctor about maybe getting off them, and he told me he wasn't sure I could completely," she says. Maria took this sobering news as a message that she had to do something fast. She started by nixing her go-to vices, like frozen TV dinners, chips, and cookies, in exchange for whole wheat bread, tofu, and almond milk. She slowly increased her intake of fruits and vegetables until they made up about 80% of her diet. At the same time, she scaled back on eating meat and started cooking her own meals, taking walks, and drinking more water. Each change was small, but the combined effects—and Maria's dogged dedication—paid off in a jaw-dropping way: In just over a year, she lost more than 100 pounds and reversed her diabetes so effectively that she now needs no drugs at all. But those two massive changes weren't even the most gratifying part. It was the rebirth of her self-confidence. "I was in the background for most of my life, being overweight and then being sick," she says. "But I'm not afraid anymore to get out there and be noticed."


PHOTOGRAPHS BY GREG KAHN; WARDROBE STYLING BY FIONA GAMBINO; FOOD AND PROP STYLING BY LISA CHERKASKY; HAIR AND MAKEUP BY SUSAN HEYDT



Maria's Fresh Fridge

Maria's health breakthrough consisted of simple steps, like eating bell peppers (1), a crunchy, low-cal sub for snacks like potato chips, and green grapes (2), a nutritious alternative to sweets. A daily dose of apple cider vinegar (3) helps her limit food cravings.





"I've gone from
stumbling
through life
to being
excited by it."

—SAMANTHA YEAGER, 29,
CALGARY, ALBERTA

Samantha Yeager didn't think much about a rash when it first showed up on her stomach 2 years ago. She assumed it was standard irritation, a pesky memento of a recent tropical vacation. But when it started to spread and then covered her body from chest to ankles, she needed a diagnosis. Five months later, she got it: lichen planus, an autoimmune condition that has no cure but would likely clear up on its own in, oh, a couple of years. "I just couldn't accept that—I had to look for my own solution," she says. She found one randomly, on a trip to Costco: the book *Clean Gut*, by physician Alejandro Junger. He promises big improvements for irritated skin if readers take on a monthlong cleanse without dairy,

gluten, added sugars, soy, coffee, or certain other food groups. It was extreme—but then again, so was the maddening itch. A few days into the cleanse, the changes started. "The itching was subsiding, the bumps were less inflamed, and I became less irritable," she says. Samantha continued to avoid gluten, dairy, and added sugars after the month was behind her, and the symptoms stayed away. Today, a year since the itch ended, she has lost 55 pounds and shaved 10 points from her BMI. Emboldened by her transformation, she has decided to study to become a registered holistic nutritionist. "I have a new passion for healing that food awakened in me," she says. "I've gone from stumbling through life to being excited by it."

PHOTOGRAPH BY COLIN WAY; WARDROBE STYLING BY LEAH VAN LOON



"I lost 50 pounds, my acne cleared up, my depression subsided."

—AARON, 40 (WITH JEN, 39),
MINNEAPOLIS, MN

Before he had even turned 40, Aaron was 40 pounds overweight with a kid, a busy career, and little motivation to eat well or exercise. That all changed when his wife, Jen, was diagnosed with a chronic condition that caused doctors to prescribe her everything from anxiety drugs to steroid injections. Frustrated, Jen saw a naturopath, who told her to stop eating packaged foods, dairy, gluten, soy, and refined sugar. Three months later, Jen's daily migraines became monthly and her list of medications dropped from 10 to zero. Aaron was so stunned that he began, slowly, to eat more whole foods, too. "I lost 50 pounds, my acne cleared up, and my depression symptoms improved," he says. Today, eating clean is a family affair. Case in point: Their fast-food-loving son was recently spotted making a spinach salad, unprompted.



Aaron & Jen's Produce Picks

The pair now shop at a natural-food co-op and buy organic whenever possible. Aaron, a former chocoholic, quells cravings with blackberries (1), while Jen relies on avocado (2), which is high in healthy fats, along with kale (3) and carrots (4) to turn spinach salads into hearty meals.

Fresh, fast, and
allergen-free:
Chef Andrea
Boje prepares a
nondairy frittata for
a client with food
sensitivities.





It's about eating
unprocessed foods.
Real food. Things
you can make from
scratch.

Don't let the luscious look fool you: Andrea's chocolate cupcakes are free of gluten and dairy—and great paired with a glass of almond milk.



PHOTOGRAPHS BY TRINETTE CHRIS; FOOD AND PROP STYLING BY KELLY ALLEN

"The headaches went away, the joint pain went away, the allergies went away."

—ANDREA BOJE, 43,
REDWOOD CITY, CA

Andrea Boje had her doctors stumped. For years she battled headaches, achy joints, and severe seasonal allergies, only to be told to "eat better" and exercise. Then, in 2004, she saw a nutritionist who told her she was allergic to gluten and dairy. "It was dramatic how much my body responded to not eating them," she says. "The headaches went away, the joint pain went away, the allergies went away." Eight months later, without exercising or even consciously trying, Andrea had lost 50 pounds. She began to teach herself how to cook without gluten and dairy, and before long, she had decided to leave her job in publishing to pursue one as a chef at the Natural Gourmet Culinary Institute, where she honed traditional French techniques along with modern nutritional know-how. After graduation, Andrea launched her private chef service, Holistic Chef, for others with food allergies and sensitivities. Today she has a thriving business and a new perspective on life without gluten and dairy. "Being healthy is about eating as many unprocessed foods as possible. Eating real food—things you make at home and from scratch," she says. 🌱

Andrea's Gluten-Free Pantry

Allergy-friendly cooking demands a pantry well stocked with alternative grains and legumes that can sub in for wheat and the countless packaged products that contain it. Andrea prepares clients' meals with the help of quinoa (1), a protein-rich staple for many vegans; sorghum (2), a fiber-rich cereal grain popular in gluten-free baking; millet (3), an ancient Asian seed rich in magnesium and manganese; lima beans (4), which lend a starchy thickness to dishes; and green lentils (5), which have more protein than black beans or chickpeas.





Bacteria-laden fermented foods like yogurt put a new spin on emotional eating.

ILLUSTRATION BY BEN WISEMAN



Your New **Antidepressant** Goes Remarkably Well with Blueberries



Maverick psychiatrists are dishing out probiotics in place of drugs. This may be outside the bounds of proven science. It's also worth a shot.

BY JOSEPH HOOPER

Kelly Brogan used to be a pharmaceutical cowboy. That's how, in her close-talking, rapid-fire way, this powerhouse in skinny jeans describes her old life as a swaggering Bellevue-trained shrink. She had an exhaustive knowledge of brain-soothing drugs, and for years she used them confidently to lasso her patients' worst psychological beasts. It wasn't until she found herself prescribing powerful antidepressants to pregnant women 6 years ago that something snapped. "I was pregnant at the time myself," Brogan, now 36, says, "and I thought, *I would never take these medications.*"

So she trained her restless, analytical mind on the psychiatric status quo. It didn't look good: Over recent decades, the swelling number of prescriptions for psychiatric drugs has done nothing to stem another rising tide—that of mental illness diagnoses. There's a debate raging about whether antidepressant SSRI drugs are any better than placebos for people with mild and moderate cases. After some deep consideration, Brogan came to the radical conclusion that there was absolutely nothing worth saving about the way she had been trained to alleviate the mental suffering of her

patients. "I realized the emperor has no clothes," she says. She decided to turn her back on drugs.

Acting on a new hunch, Brogan set about healing people's minds via their digestive systems. Her patients' stories, plus a growing area of research, inspired her to banish Lexapro in favor of lactobacillus and spend more time discussing gastrointestinal symptoms than emotional ones. The results spoke for themselves: Her women-only Manhattan practice sprouted a waiting list of 6 to 8 months. "I can't even remember the last patient I wasn't able to help," she says.

Brogan's ideas are extreme, but she is far from alone on this medical frontier. A quick scan of the latest self-help books and Facebook groups—some fringy, all passionate—turns up scores of clinicians and patients who believe that they have healed the mind by healing the gut, their conviction that this is the right path almost religious in its fervor. (Brogan is a one-woman cottage industry, with more than 23,000 Facebook fans and a blog that gets 20,000 hits a week.) The claim is remarkable and increasingly convincing: Probiotic supplements and a change in diet can, in effect, rewire the brain.

The unlikely, invisible driver behind the miracles: bacteria. Over the past several years, research on the bugs that live on and inside our bodies has exploded. As the health savvy are becoming increasingly aware, we (Continued on p. 106)



Psychiatrist Kelly Brogan's very public stance on medication is radical and sometimes divisive (see: the antivaccine posts on her blog). But, she says, her patients have found happiness and calm by forgoing pills in favor of supplements and diet changes.

How to Feed A Happy Gut

The most important thing you can do to improve upstairs-downstairs communication is to eat a wide variety of legumes and produce, says Jeff Leach, cofounder of the American Gut Project. His data suggests that people who eat more than 25 types of plants weekly have healthier gut bacteria than people who eat fewer than 10. (The measly American average: less than 5.)

A variety of plant fiber equals a balanced diet for the healthy bacteria deep down in your digestive tract. Simple carbohydrates are digested higher up, which leaves little nourishment for the good bugs. If these helpful bacteria decline in numbers, unfriendly strains, plus fungi and parasites, can take over, stirring up digestive (and, the theory holds, psychological) distress. To make sure that doesn't happen, these are the foods you need.

Get a Shot of Inulin

Inulin is a soluble fiber that's basically a superfood for healthy bacteria. Note that some of these contain gas- and bloat-causing proteins; increase your intake of them slowly if they cause digestive discomfort for you.

- Asparagus
- Bananas
- Broccoli
- Garlic
- Jerusalem artichokes
- Leeks
- Onions



Feed on Fermented

These foods offer a double payoff: a load of helpful bacteria from the outside world, plus fiber for the gut bacteria to eat.

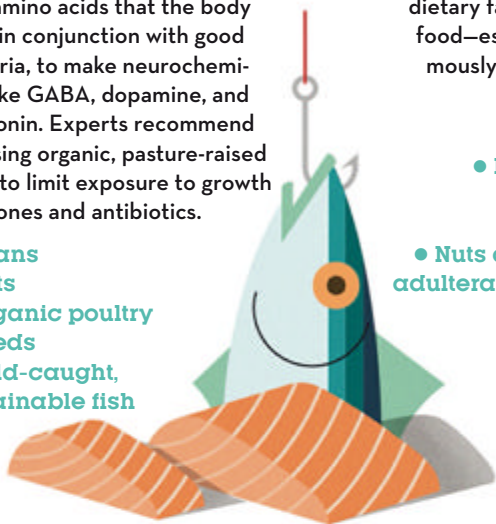
- Kimchi
- Miso
- Sauerkraut
- Tempeh
- Yogurt (with fruit)



Pile On Protein

Healthy sources of protein provide amino acids that the body uses, in conjunction with good bacteria, to make neurochemicals like GABA, dopamine, and serotonin. Experts recommend choosing organic, pasture-raised meat to limit exposure to growth hormones and antibiotics.

- Beans
- Nuts
- Organic poultry
- Seeds
- Wild-caught, sustainable fish



Eat Fat

Considering that the brain is 60% fat, dietary fat should be considered brain food—especially foods that are unambiguously smart choices, such as these.

- Avocados
- Coconut
- Fish (again, wild-caught, sustainable)
- Ghee (clarified butter)
- Nuts and seeds (including unadulterated seed and nut butters)
- Olive oil (extra virgin)



Add Antioxidants

Foods rich in the class of antioxidants called polyphenols can tamp down inflammation (which can cause depression). Even better: New research suggests that polyphenols help nourish friendly gut bacteria.

- Apples
- Berries
- Cacao (best: dark bars at 70% concentration or higher)
- Citrus
- Flaxseed
- Green tea
- Herbs
- Red wine
- Spices (especially ginger, rosemary, and turmeric)



Go Easy on Refined

Processed barley, rye, and wheat can drive up blood sugar and promote inflammation. Opt for the whole grain versions, plus these alternatives.

- Amaranth
- Buckwheat
- Quinoa



(Continued from p. 102) have at least 10 times as many single-celled bacteria floating around in us as human cells, and the majority of these roughly 100 trillion critters are located in the gut—mostly in the colon, where they play an essential role in human digestion. (Without them, we couldn't break down the plant fiber we eat.)

Much of the research has focused on how the microbiome might affect what can go wrong in the gut—for instance, in digestive disorders such as IBS or in obesity—because bacteria affect how food is broken down and converted into energy. But one of the hottest areas of research, and arguably the most fascinating, is the connection between gut bacteria and our mental health.

We've known forever that our emotions affect our digestive systems, as anyone who's had sour stomach

directly or indirectly, with our brains to determine our moods and, perhaps, our most basic sense of who we are. Some scientists now talk about the gut-microbiome-brain axis.

Gut bacteria was the last thing Maureen Olbon would have considered when, 4 years ago, she had a very bad stretch at the state

hospital where she worked outside of Durham, NC. A powerfully built schizophrenic patient suddenly lost it and lunged at her, trapping her in a choke hold. Two months later, another patient punched her in the face with such force that she slammed against a wall. The attacks left Olbon a physical and mental wreck.

"I couldn't make people understand the terror I was feeling," Olbon, 62, says. She saw several psychiatrists and was prescribed a pharmacopoeia of prescription meds—SSRI antide-

pressants, antianxiety drugs, antipsychotics. "It felt like I was having a lot of people do things to me, but I wasn't feeling a benefit," she says. "I was on a slide, and it was downward."

Steady and incremental relief came through her work with Natalie Sadler,

“Mental illness is on the rise. Antidepressants may be no better than placebos. ‘The emperor has no clothes,’ Brogan says. So she turned away from psych drugs.”

before a work presentation has gathered. What these new accounts tell us is that the brain-to-gut effect works in the opposite direction, too. More significantly, they introduce bacteria as a compelling, previously unconsidered player that can communicate,

How Fixing Your Gut Fixes Your Brain

Deep breath. We're about to have a complex chat.

You'll Make Happy Chemicals

Some types of gut bugs manufacture a neurochemical called GABA, which our brains produce, too (it relaxes us). Other bacteria are crucial for the assembly-line production in the colon of two more key neurochemicals, dopamine and serotonin. (Dopamine has a generally stimulating effect; serotonin is calming.) When they're produced in the brain, these chemicals help regulate mood and behavior. How the gut-made versions affect what's going on in your head is an unresolved question, but some research suggests that they send messages up the chain by pinging the vagus nerve, a major highway that carries electrochemical messages to and from the brain and gut.

You'll Dial Down Stress Hormones

This is probably because the neurochemicals that good bacteria help make (above) are involved in the production of stress hormones: Alter the neurochemicals, alter the stress hormones.

You'll Stop Inflammation

When we're babies, our microbiomes "tune" our immune systems (about 70% of which reside in our digestive tracts) to respond to incoming threats. If the bugs aren't numerous or diverse enough in those first months or, possibly, if they've diminished in adulthood as the result of a poor diet (see p. 104), the gut immune system becomes prone to food sensitivities and allergies. Then, in response to those foods, immune cells called cytokines are released into the body through the bloodstream, creating inflammatory havoc and resulting in symptoms like fatigue, "brain fog," and even depression and anxiety.

a University of North Carolina-trained psychiatrist who, like Brogan, had moved her practice away from conventional meds and toward probiotic supplements and diet to address just about every form of psychic distress. "I totally changed my diet—no gluten, no processed foods," Olbon says. Her anxiety calmed, and she tapered off the meds. She gives the most credit to the probiotics: "When I stop taking them, I feel it: My stomach goes off, I stop sleeping, and my mood starts to drop."

Believing in a gut-microbiome-brain axis repositions the purpose of food from human nourishment to nourishment for the microscopic ecosystem inside us. Brogan starts virtually every patient who walks into her office on a 4-week, one-size-fits-all therapy: Eat only organic, non-GMO, unprocessed foods, with no grains, no dairy except eggs, and no alcohol or coffee. Lots of vegetables is key. And so is fat: olive oil with its monounsaturated fats; wild fish with its omega-3 fatty acids; and, more controversially, plenty of meat (pasture-raised, of course) with its saturated fat and major load of vitamins and minerals.

This prescription may sound familiar, even trendy—the up-with-fats, down-with-grains message is straight out of the Paleo diet. Whether this is in fact the best way to eat for everyone's gut is an open question; the scientific evidence is all over the map. But unquestionably, fiber-heavy plant foods feed the friendly bacteria in the gut, and, Brogan argues, dietary fat

replenishes cells in the brain, itself made up mostly of fat. "I had a patient a month and a half ago who had just gotten out of a psych hospital and had been on myriad drugs for 12 years," she recounts. "All we did for the first month was this diet, plus 5 minutes a day of breathing work and some exercise, which she was already doing. She came back with tears in her eyes and said, 'For the first time in my adult life, I haven't had a panic attack in 30 days.'"

A cure for our most common psychological ills that's so simple it doesn't even require a prescription? Two years ago, UCLA gastroenterologist Kirsten Tillisch authored the most widely admired of the modest smattering of existing studies on probiotics and the brain. Twice a day for 4 weeks, she fed a group of 12 women a yogurt specially blended with live probiotic bacteria and compared their performance on a test with that of a group who had eaten a dairy product that contained no probiotics. Both groups aced the test, but in the women who hadn't been on the probiotic-yogurt regimen, parts of the brain associated with hyperalertness and anxiety lit up more strongly on an fMRI imaging study.

According to Ted Dinan, a professor of psychiatry at University College Cork, in Ireland, and one of the world's leading researchers on the subject, there

are three basic mechanisms underlying the astonishing connection between these lowly microorganisms and our very personalities: (1) Bacteria that live in the gut (or travel through it aboard some yogurt) are necessary building blocks in the production of neurochemicals there, like serotonin and dopamine. (2) That impact on neurochemicals in turn has an effect on the secretion of stress hormones like cortisol. (3) Gut bugs also play a vital role in regulating the immune system and the inflammatory response it can launch when things go haywire. Inflammation is now widely considered to be one underlying cause of depression.

Happy chemicals, stress hormones, brain-polluting inflammation: It's a trio of forces that govern our mental health. Scientists are just beginning to unravel their collective effects.

Brogan may saunter confidently into the future of psychiatry armed with nothing more than food and supplements, but her colleagues tread more cautiously. James Greenblatt, an assistant clinical professor of psychiatry at Tufts University School of Medicine, is most interested in cases in which he has evidence of bacterial and psychiatric imbalance—for instance, the 1 in 10 of his psych patients who show elevated levels of one

potentially pernicious type of bacteria, clostridia. By-products of this bug interfere with the way the neurochemical dopamine gets processed in the colon. When dopamine builds up—as it does, Greenblatt believes, in these clostridia-afflicted patients—you get severe forms of psychiatric illnesses

“Four in 10 of Greenblatt's psychiatric patients are helped by a rebalancing of gut bugs using probiotics.”

like ADHD and OCD. Probiotics are his treatment of choice, along with antibiotics in severe cases. “For these people, the results can be so dramatic,” he says. Another 4 in 10 of his patients will be helped by probiotics, just not so dramatically, he says.

Greenblatt notes that he's successfully treated hundreds of patients with elevated clostridia, including a high school girl whose transformation from out of control to normal was so extraordinary, it was covered by ABC News, among other outlets. The story set in motion a second “miracle cure,” that of a middle-aged man afflicted with compulsive hair pulling. He read about the case and was inspired to treat himself with probiotics—with complete success, he says. He sent Greenblatt a grateful e-mail—and *that* story made the *Boston Globe*.

Peer-reviewed research this is not, so it's no surprise that mainstream psychiatrists are slow to get on board. No one has yet done a rigorous controlled study measuring the effects of probiotics on people with depression or anxiety disorders or looked at whether the microbiomes of those people look reliably different from the microbiomes of the rest of us. "There is an emerging research literature that is compelling," says Thomas Wise, a George Washington University psychiatrist who is eager for answers, "so you can't say the microbiome is hocus-pocus. Gut bacteria affects the brain in many ways. But how does that relate to depression? The human data is minimal."

Tillisch, whose promising study is

or CFUs). They're all available OTC.

Tillisch is hopeful that the expensive, complex studies currently under way will someday provide more specific probiotic drug regimens that pass muster. Until then, she says, "I'd recommend trusting our historical wisdom and our common sense and trying a fermented food, like yogurt, which has been around for a long time."

While Brogan is also a fan of fermented foods, she's confident enough to brandish the less-proven tools in the new gut-brain toolbox, too. She points to a recent case, a 30-something wife and mother with a secure career who was plagued not by extreme psychiatric symptoms but, rather, by ordinary unhappiness. "Many of us live in this

haze of chronic stress,"

Brogan says. "And even when we see a doctor for specific symptoms, we're either dismissed or given a prescription—and the impression that we just need to find a way to 'manage.'" With dietary changes in

place, the woman's anxiety

dissipated by more than half. After she started taking a high-dose probiotic, she was—to use an old-fashioned word—cured. "The last time I saw this patient, I said, 'Have a nice life,'" Brogan says. "She had no more need to see me."

This bacteria-slinging cowboy has written up the case history for a medical journal. Only time will tell if stories like this one become an entirely new paradigm for how we treat our brains. 🍌

“Who should take a probiotic? What dose? Which strains of bacteria? We're just not there yet.”

so widely cited, agrees. "Who should take a probiotic? What dose? Which strains of bacteria? We're just not there yet." The uncertainty leaves doctors recommending multistrain products that include lactobacillus, which is found in most fermented foods, at a range of doses (VSL #3, a powerful probiotic often recommended for digestive disorders, contains a whopping 112.5 billion colony-forming units,

High-strength probiotic pills—with a whopping 112.5 billion colony-forming units—are available over the counter.







125

Clean & Simple **Meals**

*Here's a savory equation:
Master 5 easy protein dishes, then mix
and match with a rotating cast of
5 veggies and 5 starches—all just as
simple to prep. The total:
125 different ways to do dinner.*

BY KHALIL HYMORE
PHOTOGRAPHS BY JASON VARNEY

The 5 Proteins



1



2

All recipes serve 4.

1. Pork Tenderloin with Balsamic Glaze

Heat oven to 425°F. Brush sheet pan with 2 tsp **olive oil**. Bring 1 cup **balsamic vinegar** to a simmer in small saucepan. Cook until thickened and reduced by half, about 10 minutes. Place half of mixture into bowl and set aside. Season 1 **organic pork tenderloin** (about 1¼ lb) with 1 tsp each **kosher salt** and **black pepper**. Place on baking sheet and brush with glaze from saucepan. Roast, brushing every 5 minutes with more glaze, 18 to 20 minutes, until meat thermometer reads 140°F when inserted into thickest part. Slice and sprinkle with **chopped parsley**. Serve with reserved glaze.

NUTRITION (per serving) 208 cal, 30 g pro, 11 g carb, 0 g fiber, 10 g sugars, 3 g fat, 1 g sat fat, 570 mg sodium

2. Citrus-Marinated Chicken Breasts

Combine 1 cup **freshly**

squeezed orange juice, 4 sprigs **fresh thyme**, 2 Tbsp **fresh lemon juice**, 2 **sliced cloves garlic**, and ½ tsp each **kosher salt** and **black pepper** in large zip-top bag or bowl. Add 4 **boneless, skinless organic chicken breasts** (about 1½ lb total). Marinate 4 to 8 hours in refrigerator. Remove chicken and pat dry. Brush grill or grill pan with oil and heat to medium. Add chicken and cook until golden, 4 to 5 minutes per side. Slice, then top with **chopped chives**.
NUTRITION (per serving) 168 cal, 26 g pro, 8 g carb, 0 g fiber, 5 g sugars, 3 g fat, 0.5 g sat fat, 378 mg sodium

3. Nut-and-Seed-Crusted Fish Fillets

Heat oven to 400°F. Combine ½ cup **finely chopped raw almonds**, 3 Tbsp **sesame seeds**, 1 Tbsp **crushed fennel seeds**, and ½ tsp each **ground cumin**, **kosher salt**, and **black pepper** on large plate. Mix 4 tsp **Dijon mustard** and

Natural Selection

Whenever your budget permits, opt for organic, grass-fed meat and sustainable seafood.



3

2 tsp **honey** in small bowl. Brush 4 **Atlantic or Pacific hand-line-caught cod fillets** (about 1¼ lb total) with mustard-honey mixture, then press into nut-seed mixture. Place on lightly oiled sheet pan and bake until cooked through and flaky, 12 to 15 minutes.

NUTRITION (per serving) 346 cal, 45 g pro, 9 g carb, 3 g fiber, 3 g sugars, 14 g fat, 1.5 g sat fat, 488 mg sodium

4. Black-Pepper Shrimp

Skewers Combine 1 lb **large peeled and deveined sustainably caught shrimp** (about 30), 4 **scallions** (cut into 2" pieces), 1 Tbsp **safflower oil**, 2 tsp **black pepper**, 1 **minced clove garlic**, and ¼ tsp **kosher salt** in bowl. Thread shrimp and scallions onto 8 presoaked skewers. Brush grill or grill pan with oil and heat to medium. Add skewers and cook until opaque, flipping once, 3 to 4 minutes total.

4

NUTRITION (per serving) 119 cal, 16 g pro, 3 g carb, 1 g fiber, 0 g sugars, 4.5 g fat, 0 g sat fat, 765 mg sodium

5. Scallops with Pomegranate

Sauce Heat skillet over medium-high heat. Add 4 tsp **olive oil**. Season 1¼ lb **large scallops** (about 16) with ½ tsp each **kosher salt** and **black pepper** and add in even layer to skillet. Cook until dark golden brown, about 2 minutes. Flip scallops and cook 1 minute more. Transfer to plate and tent loosely with foil. Add 1 **minced shallot** to skillet and cook until soft, 1 minute. Add 1 cup **pure pomegranate juice** and simmer until reduced and slightly thickened, about 8 minutes. Serve scallops topped with pomegranate sauce and **pomegranate seeds**.

NUTRITION (per serving) 187 cal, 18 g pro, 17 g carb, 0 g fiber, 9 g sugars, 5 g fat, 1 g sat fat, 803 mg sodium

5

The 5 Veggie Sides



1



2

All recipes serve 4.

1. Arugula, Lime, and Pepita Salad Whisk 2 Tbsp **olive oil**, 1 Tbsp **fresh lime juice**, ½ tsp **Dijon mustard**, and ¼ tsp each **kosher salt** and **black pepper** in large bowl. Add 4 cups **organic baby arugula** and ½ **sm sliced red onion** and toss well to coat. Serve topped with 3 Tbsp **pepitas**.

NUTRITION (per serving) 101 cal, 2 g **pro**, 3 g **carb**, 1 g **fiber**, 1 g **sugars**, 9.5 g **fat**, 1.5 g **sat fat**, 153 mg **sodium**

2. Garlicky Sautéed Swiss Chard Heat 4 tsp **olive oil**, 2 **sliced cloves garlic**, and ¼ tsp **crushed red-pepper flakes** in large skillet over medium heat. Add 8 cups **torn organic**

Swiss chard and cook until wilted. Season with ¼ tsp each **kosher salt** and **black pepper**.

NUTRITION (per serving) 56 cal, 1 g **pro**, 3 g **carb**, 1 g **fiber**, 1 g **sugars**, 4.5 g **fat**, 0.5 g **sat fat**, 274 mg **sodium**

3. Spicy Roasted Cauliflower

Heat oven to 400°F. Combine 4 tsp **olive oil**, 2 **sliced cloves garlic**, and 1 **sliced Fresno chile** on sheet pan. Place in oven and cook until oil is hot, 2 to 3 minutes. Remove pan and add 1¼ lb **organic cauliflower florets** (about 1 sm cauliflower head), carefully coating with hot oil using tongs or spatula. Continue roasting until cauliflower is golden

**A “Side” in
Name Only**
Make veggies the
main part of your
plate to up
nutrients and
lower calories.



3



4



5

and tender, about 15 minutes. Season with salt and black pepper to taste.

NUTRITION (per serving) 78 cal, 3 g pro, 8 g carb, 3 g fiber, 3 g sugars, 5 g fat, 0.5 g sat fat, 43 mg sodium

4. Fennel-Roasted Carrots Heat oven to 400°F. Peel or scrub 1 lb **sm or med organic carrots** and halve or quarter lengthwise, including green tops. Toss with 1½ tsp **olive oil** and ½ tsp each **honey, fennel seeds, kosher salt, and black pepper** in large bowl. Arrange on sheet pan and roast, turning once, until carrots are tender and caramelized, 15 to 20 minutes. Remove from oven and serve.

NUTRITION (per serving) 66 cal, 1 g pro, 12 g carb, 3 g fiber, 6 g sugars, 2 g fat, 0 g sat fat, 319 mg sodium

5. Wilted Brussels Sprouts with Hazelnuts and Shallots

Heat 1 Tbsp **olive oil** in large skillet over medium heat. Add 1 **sliced shallot** and cook until soft, about 4 minutes. Add 1 lb **shredded organic brussels sprouts** and cook until wilted, about 3 minutes. Serve topped with 2 Tbsp **chopped toasted hazelnuts**.

NUTRITION (per serving) 114 cal, 5 g pro, 14 g carb, 5 g fiber, 3 g sugars, 6 g fat, 0.5 g sat fat, 28 mg sodium

The 5 Starch Sides



1



2

All recipes serve 4.

1. Parsnip, Pepper, and Onion Hash

Add $1\frac{1}{2}$ lb peeled and chopped organic parsnips to large straight-sided skillet and cover with water. Bring to a simmer over medium-high heat and cook until parsnips are almost tender, about 8 minutes. Drain and wipe out pan. Heat 1 Tbsp safflower oil in skillet and add $\frac{1}{2}$ med chopped yellow onion and $\frac{1}{2}$ lg chopped red bell pepper. Cook until soft and fragrant, about 8 minutes. Add parsnips and continue cooking until all vegetables are soft, 5 to 8 minutes. Season with $\frac{1}{2}$ tsp each kosher salt and black pepper. Serve warm, topped with chopped cilantro.

NUTRITION (per serving) 168 cal, 2 g pro, 33 g carb, 9 g fiber, 9 g sugars, 4 g fat, 0 g sat fat, 258 mg sodium

2. Herbed Grain Pilaf

Heat 1 Tbsp olive oil in medium saucepan over medium heat. Add 1 med chopped yellow onion, 1 bay leaf, and $\frac{1}{2}$ tsp each kosher salt and black pepper and cook until onion is soft, about 5 minutes. Add 1 cup pearl barley and cook 3 minutes. Add $2\frac{1}{2}$ cups organic reduced-sodium chicken broth and bring to a boil over high heat. Reduce heat to low, cover, and cook until barley is tender, about 30 minutes. Stir in 1 Tbsp chopped fresh parsley and 1 tsp freshly grated lemon zest.

NUTRITION (per serving) 242 cal, 8 g pro, 44 g carb, 8 g fiber, 2 g sugars, 5 g fat, 1 g sat fat, 291 mg sodium

3. Celery Root Puree

Peel and cut 1 lg organic celery root (about $1\frac{1}{2}$ lb) into

Clean-Carb Fix
Forgo refined grains
and turn starchy veg-
gies like parsnips
and sweet potatoes
into satisfying sides.



2" chunks. Place in medium saucepan and cover with salted water. Bring to a simmer and cook until tender, about 15 minutes. Drain and transfer celery root to food processor with 1/2 cup **organic 2% milk**, 1 Tbsp **unsalted butter**, and 1/2 tsp each **kosher salt** and **black pepper**. Puree until smooth.

NUTRITION (per serving) 101 cal, 3 g pro, 15 g carb, 3 g fiber, 4 g sugars, 4 g fat, 2.5 g sat fat, 397 mg sodium

4. Sweet-and-Spicy Sweet Potato Steak Fries Heat oven to 400°F. Scrub 2 **med organic sweet potatoes** and slice into 1/2" wedges. Place on large sheet pan with 2 tsp **safflower oil** and 1/4 to 1/2 tsp **cayenne**. Roast until potatoes are golden and just

tender, about 10 minutes. Toss with 1/2 tsp **maple syrup** and roast 5 minutes more. Season with 1/2 tsp **kosher salt**.

NUTRITION (per serving) 83 cal, 1 g pro, 15 g carb, 2 g fiber, 4 g sugars, 2.5 g fat, 0 g sat fat, 276 mg sodium

5. Lemony Roasted Potatoes

Heat oven to 400°F. Cut 1/2 lb **organic Yukon Gold potatoes** into 2" chunks. Place on sheet pan with 1 Tbsp **olive oil**, 1 **halved and sliced lemon**, and 1/2 tsp each **kosher salt** and **black pepper**. Toss well to combine. Roast, tossing once, until potatoes are golden and tender, about 20 minutes.

NUTRITION (per serving) 189 cal, 4 g pro, 32 g carb, 3 g fiber, 1 g sugars, 3.5 g fat, 0.5 g sat fat, 249 mg sodium

When a Pet Gets Cancer

Up to half of older pets do. What then?

BY ALISA BOWMAN

As she scratched Zoey's neck, Noel Dallacco felt two grape-size bumps. She Googled the problem, and her uneasiness turned to fear when the word *cancer* appeared. Two days later, 5-year-old Zoey was diagnosed with lymphoma. Without treatment, Zoey might live 3 months; with chemotherapy, maybe a year or more. "I didn't even know there was chemo for dogs," says Dallacco. "I cried my eyes out."

She also didn't know if she'd be able to afford Zoey's treatment. According to Trupanion, a pet insurance provider, costs range from less than \$5,000 for a mast cell tumor to \$40,000+ for bone cancer. Dallacco



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1
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WITHIN



DIETARY SUPPLEMENT

2
PREPARE THE
SCALP



HAIR AND SCALP SERUM

3
ADD VOLUME



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Pets

had pet insurance, but she quickly learned that most policies offer only partial coverage.

Surprisingly, nearly half of older dogs and 30 to 50% of older cats develop cancer, says Rodney Page, director of Colorado State University's Flint Animal Cancer Center. About 75% of these cases can be cured or controlled.

Thus arises a very difficult part of this diagnosis: deciding whether extending the animal's life for a short time is worth the expense and side effects. Beth Overley, a veterinary oncologist in Langhorne, PA, explains that because vets hope to extend life for only 6 months to a few years, they use lower doses of chemo and radiation than humans receive. Medications can help keep GI upset under control, and pets rarely lose their fur.

In Zoey's case, chemo drove the cancer into remission for a year, but then it returned. A third round wasn't as effective, and Dallacco stopped fighting it. Zoey's treatment cost \$32,000, with \$11,000 reimbursed by insurance, but Dallacco has no regrets.

"Some owners find it difficult to stop treatment," says Karin Sorenmo, a professor of oncology at PennVet in Philadelphia, "but you can't think of it as giving up. If anything, it's the opposite. You're doing the right thing by finally letting your pet go."

HOW TO AFFORD IT:

TREAT FOR QUALITY OF LIFE

Steroids (\$20 to \$40 per month) can temporarily shrink some tumors,



Pet cancers can often be cured or controlled, but it's not cheap.

adding 2 to 3 months of life, says Sue Ettinger, the veterinary oncologist in Yonkers, NY, who treated Zoey.

OPT FOR PARTIAL TREATMENT

With some types of cancer, the tumor can be removed but not followed with radiation or chemo. You can also modify or forgo diagnostics such as ultrasounds, says Sorenmo.

INVESTIGATE CLINICAL TRIALS

Offered at veterinary teaching centers, these research studies explore treatments and strategies and may help cover costs. For info: vetcancertrials.org

APPLY FOR AID

Care Credit (carecredit.com) provides zero-interest loans for pet-health needs. The Dog and Cat Cancer Fund (dccfund.org) and the Riedel & Cody Fund (riedelcody.org) offer grants. 🐾

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For flavor, opt for a splash of maple or glucose syrup or add vanilla or cinnamon. And read ingredient lists to avoid added sugars as much as possible.

ANDREW WEIL, MD, is founder and director of the Arizona Center for Integrative Medicine and clinical professor of medicine at the University of Arizona.

 Send your questions for Dr. Weil to askdrweil@prevention.com.



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Mr. Seeds

Matthew Dillon grew up in the '70s on a farm where, he says, chemicals were just a part of life. But when his dad got cancer, and others in their small rural community started showing signs of neurological and other health problems from agrichemical exposure, Dillon became obsessed with ridding farmers of their reliance on pesticides. Now, as the director of Seed Matters, he is onto a radical ground-up fix: He works with plant breeders nationwide to develop seeds so well suited to their locations that they thrive without the use of fertilizer or pesticides. "If you choose the right seeds, you don't need that stuff," he says. "Plus, you improve taste, color, and nutrition. Our food for tomorrow is determined by the seed choices we make today."

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